



How to Thrive: A Practical Guide to Wellbeing

This seven-week blended learning, hands-on and highly interactive evidence-based programme, provides the right combination of positive psychology, wellbeing, and neuroscience theory and practice. This practical course will help you uncover the best version of yourself and learn skills to connect more deeply with those around you, both in life and work.

Who is the programme delivered by?

The programme was created by renowned wellbeing expert Marie McLeod; she will deliver the content in easy-to-follow short (one to three-minute) videos, ensuring your active participation. Dr Andrea Giraldez-Hayes, academic, chartered psychologist and psychotherapist will deliver the drop-in community-building sessions.

What will you learn?

The programme is organised into seven modules based on the BEACON Framework, including all six pillars of wellbeing:

- Week 1: BEACON Basics
- Week 2: Belonging
- Week 3: Engagement
- Week 4: Accountability
- Week 5: Compassion
- Week 6: Optimism
- Week 7: Nurture + Beyond BEACON

Every week, you will have access to the e-learning platform, where you can access one to three-minute videos and other materials that are easy to understand, with practical, evidence-based exercises to lift your wellbeing and mental health. At the end of every week, you are invited to join a one-hour online drop-in session to discuss and integrate the learning in your own life and work, sharing ideas and experiences with other participants and taking part in a community.



What is BEACON?

BEACON is an evidence-based framework informed by the science of wellbeing. BEACON is a metaphor for bringing light to the darkest part of ourselves and building hope for a more optimistic future. BEACON contains 6 “beams” of wellbeing: Belonging, Engagement, Accountability, Compassion, Optimism and Nurture.

Who can apply?

The programme will be offered to three different cohorts.

- Cohort 1: **For all staff.**
- Cohort 2: **For researchers and academics.**
- Cohort 3: **For staff with management responsibilities.**

What are people saying about the programme?

“How to Thrive is an excellent tool that focuses on the holistic nature of our health and wellbeing and, therefore, our ability to thrive.”

“How to Thrive is an excellent programme because it is all about helping you to reach your full potential and giving ourselves permission to say ‘No, I am not okay... but I will be’”.

“I found the programme very easy and relatable and enjoyed working through it...”

Dates and Registration

Registrations will open on 10 September 2024.

- **Cohort 1 - For all staff**
Access to e-learning 15 October 2024 (*register by 14 October*)
Online drop-in sessions: 28 Oct, 4, 11, 18, 25 Nov, 02, 09 Dec 11.30 – 12.30
- **Cohort 2 - for researchers and academics**
Access to e-learning 20 January 2025 (*register by 17 January*)
Online drop-in sessions: 03, 10, 17, 24 Feb, 03, 10, 17 Mar 11.30 – 12.30
- **Cohort 3 - for staff with management responsibilities**
Access to e-learning 28 April 2025 (*register by 25 April*)
Online drop-in sessions: 12, 19 May, 02, 09, 16, 23, 30 Jun 11.30 – 12.30

Places on this programme are limited to allow full participation and interaction.

<https://www.imperial.ac.uk/staff-development/courses-and-programmes/wellbeing-at-work>