Psychology of Wellbeing Certification

Develop an understanding of psychology of wellbeing and receive a certification from the International Society of Quality-of-Life Studies (ISQOLS), a globally-recognized academic and professional association, with its own publications, journals, conferences, and identity. ISQOLS is collaborating with the Management Institute for Quality-of-Life Studies (MIQOLS) in the administration of this certification program.

6 learning modules • 10 webinars • world-renowned instructor
OVERVIEW

Who Are We?
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Who Is the Program for?
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What Is the Cost?
How about CEUs?
Are You Ready?
WHO WE ARE

Established, in 1995, the International Society for Quality-of-Life Studies (ISQOLS) is a global organization with a mission to promote and encourage research in the field of quality-of-life (QOL), happiness, and wellbeing studies. ISQOLS mission focuses on creating a paradigm shift within traditional academic disciplines and to transform “Quality-of-Life” studies into an academic discipline in its own right. The ultimate goal is to help with the creation, dissemination, and utilization of knowledge of the science of wellbeing across all walks of life.

MANAGEMENT INSTITUTE FOR QUALITY-OF-LIFE STUDIES

Management Institute for Quality-of-Life Studies (MIQOLS) is a non-profit organization made up of mostly professors at various academic institutions and other management consultants whose mission is to facilitate the diffusion and utilization of the science of quality-of-life/well-being research in industry and government. The general objective of MIQOLS is to propagate the science of quality-of-life and well-being research by assisting organizations (business, government, and other institutions).
**Why Get Certified**

This certification is provided by the International Society for Quality-of-Life Studies (ISQOLS), a global organization with a mission to promote and encourage research in the field of quality-of-life (QOL), happiness, and wellbeing studies. ISQOLS has members all throughout positioned in academic institutions as well as stakeholder groups, and are well-respected for their contributions to QoL. As such, an official certification would be beneficial to anyone who wants to apply psychological science of wellbeing to guide academic research projects, policy making, managerial decision-making, population statistics, and/or coaching and counseling.

The principle benefits you will obtain from the certification course are:

- a philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, in terms of health, and to society at large;
- understanding how sociocultural factors, income factors, other demographic factors, and biological and health conditions influence wellbeing and positive mental health;
- knowledge of how individuals process information from their objective environment, and how they manipulate this information to influence wellbeing and positive mental health;
- insights into how psychology of wellbeing applies to various life domains and special populations such as women, children, and elderly;
- a foundation in theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research.
Who the Program is For

- Graduate students interested in developing a research project (e.g., Master’s thesis, Doctoral dissertation) involving topics related to the psychology of wellbeing
- Academic scholars interested in developing research expertise in the psychology of wellbeing
- Public policy officials interested in the science of wellbeing to guide decision making
- Managers of for-profit and non-profit organizations interested in applying the science of wellbeing to enhance employee and patron wellbeing
- Researchers employed by national bureaus of statistics
- Quality-of-life/well-being coaches interested in using the research to help counsel clients
What You Will Learn

The course can be administered through a series of webinars to be offered over a two-week period. Much of the course material can be covered through 10 webinars (scheduled for 1.5 hours each).

✓ A philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, in terms of health, and to society at large
✓ Understanding how sociocultural factors, income factors, other demographic factors, and biological and health conditions influence wellbeing and positive mental health
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✓ Insights into how psychology of wellbeing applies to various life domains and special populations such as women, children, and elderly
✓ A foundation in theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research
Six Major Content-Rich Learning Modules

The course is divided into six learning modules. The introductory module lays the philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, in terms of health, and to society at large. The second module (effects of objective reality on wellbeing) describes how sociocultural factors, income factors, other demographic factors, and biological and health conditions influence wellbeing and positive mental health. The third module focuses on subjective reality and discusses how individuals process information from their objective environment, and how they manipulate this information to influence wellbeing and positive mental health. The fourth module focuses on the psychology of quality of life specific to life domains, while the fifth module reviews the research on special populations (children, women, the elderly, the disabled, etc.). The final module focuses on theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research.
Introduction to Psychology of Wellbeing

Topics:

**Philosophical Foundations**
- Happiness as both a philosophical and psychological concept
- Happiness as a strong and universal motive
- Psychological happiness (hedonic or emotional wellbeing)
- Psychological happiness as positive and negative affect
- Prudential happiness (life satisfaction or the cognitive component of subjective wellbeing)
- Perfectionist happiness (eudaimonia or psychological wellbeing)

**Definitions, and Measures of Wellbeing**
- Subjective vs. objective aspects
- Inputs vs. outcomes
- Inner vs. outer aspects
- Happiness vs. life satisfaction
- Subjective wellbeing as an umbrella concept
- Ontological model of wellbeing
- Structural model of wellbeing and illbeing
- Hierarchical model of wellbeing and illbeing

**Positive Outcomes of Wellbeing**
- Wellbeing effects on health
- Wellbeing effects on achievement and work
- Wellbeing effects on social relationships, prosocial behavior, trust, and future happiness
- Optimal happiness
- Adaptive functions of happiness
- Illbeing
# Effects of Objective Reality on Wellbeing

**Topics:**

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<thead>
<tr>
<th>Effects of Technological, Economic, Political, and Socio-Cultural Factors</th>
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<tr>
<td>Technological effects</td>
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<td>Economic effects</td>
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<td>Political effects</td>
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<td>Socio-cultural effects</td>
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<th>Effects of Resources</th>
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<td>Time</td>
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<td>Money</td>
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<td>Income and wealth</td>
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<th>Effects of Demographic Factors</th>
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<td>Age</td>
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<td>Gender</td>
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<td>Marital status, family composition, and family life cycle</td>
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<td>Ethnicity and minority status</td>
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<td>Education</td>
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<td>Other demographic variables</td>
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<th>Effects of Personal and Consumption Activities</th>
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<tr>
<td>Theories related to personal activities</td>
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<td>Effects of specific personal activities</td>
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<th>Effects of Biology, Drugs, Life Events, and the Environment</th>
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<td>Biology</td>
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<td>Health</td>
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<td>Drugs and substance abuse</td>
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<td>Life events</td>
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<td>Physical environment</td>
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# Effects of Subjective Reality on Wellbeing

## Topics:

**Effects of Personality**
- Influence of personality traits
- Theories how personality influences wellbeing

**Effects of Affect and Cognition**
- Mood
- Causal attribution
- Appraisals
- Meaning of life
- Habituation
- Cognitive frames
- Cognitive outlooks

**Effects of Beliefs and Values**
- Generalized beliefs
- Personal values
- Research related to Schwartz values
- Research related to specific values

**Effects of Goals**
- Goal valence
- Goal expectancy
- Goal implementation
- Goal progress, attainment, and nonattainment

**Effects of Needs and Need Satisfaction**
- Concepts and theories

**Effects of Self-Concept**
- Self-concept theory
- Effects of various self-concept dimensions

**Effects of Social Comparison**
- Impact of social comparison
- Motivational sources of social comparison
Life Domains and Their Effects on Wellbeing

Topics:

- **Effects of Dynamic Domains**
  - Life experiences segmented in life domains
  - Life domain theories of wellbeing

- **Work Wellbeing**
  - How work wellbeing contributes to positive mental health
  - Other consequences of work wellbeing
  - Predictors of work wellbeing

- **Residential Wellbeing**
  - Impact of residential wellbeing on subjective quality of life
  - Factors affecting residential wellbeing

- **Material Wellbeing**
  - Impact of material wellbeing on subjective quality of life
  - Predictors of material wellbeing

- **Social, Family, and Marital Wellbeing**
  - Impact of social, family, and marital wellbeing on positive mental health
  - Predictors of social, family, and marital wellbeing

- **Health Wellbeing**
  - Impact of health wellbeing on subjective aspect of quality of life
  - Predictors of health wellbeing

- **Leisure Wellbeing**
  - Impact of leisure wellbeing on subjective quality of life
  - Link between leisure wellbeing and subjective quality of life
  - Predictors of leisure wellbeing

- **Wellbeing in Other Domains**
  - Spiritual wellbeing
  - Political and national wellbeing
  - Environmental wellbeing
  - Educational wellbeing
  - Sexual wellbeing
# Population Segments and Wellbeing

Topics:

<table>
<thead>
<tr>
<th>Children and Youth</th>
<th>Women</th>
<th>Specialty Population Segments</th>
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<tbody>
<tr>
<td>Conceptualization of children and youth</td>
<td>Hedonic wellbeing, life satisfaction, and eudaimonia for women</td>
<td>Wellbeing of the mentally ill</td>
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<td>Explaining wellbeing in children and youth</td>
<td>Explaining women’s wellbeing (vis-à-vis men’s wellbeing)</td>
<td>Wellbeing of the disabled</td>
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<td>Factors effecting wellbeing in children and youth</td>
<td>Important factors that influence women’s subjective quality of life</td>
<td>Wellbeing of drug addicts</td>
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<td>Wellbeing indicators of children and youth</td>
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<td>Wellbeing of sexual minorities</td>
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<td>Wellbeing of sex workers</td>
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<td>Older Adults</td>
<td><strong>Geographic Population Segments</strong></td>
<td>Wellbeing of emergency personal and healthcare service providers</td>
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<td>Quality of life of seniors</td>
<td>Conceptual distinctions</td>
<td>Wellbeing of immigrants and refugees</td>
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<td>Explaining subjective aspects of quality of life of seniors</td>
<td>Methodological problems</td>
<td>Wellbeing of teachers</td>
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<tr>
<td>Factors affecting the wellbeing of seniors</td>
<td>Comparative analysis</td>
<td>Wellbeing of caregivers</td>
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<td>Wellbeing of specific world regions</td>
<td>Wellbeing of tourists</td>
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<td></td>
<td>Country-specific wellbeing</td>
<td>Wellbeing of residents of tourism communities</td>
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THEORIES AND MODELS OF WELLBEING AND POSITIVE MENTAL HEALTH

Topics:

**Integrative Models of Wellbeing**
- Livability theory
- Capability theory
- Stocks and flows
- Joyless economy
- Quality of the person + environment
- Homeostatically-protected mood
- Quality of life = happiness, life satisfaction, and absence of illbeing
- Bi-directional spillover model
- Psychology of personal projects and the social ecology of flourishing
- Psychology of quality of life
- Positive balance: a hierarchical perspective

**Philosophy and Public Policy Issues Related to Wellbeing**

**Public Policy Issues**
- Scholar and lay people believe subjective wellbeing is very important
- Current indicators are incomplete and insufficient
- Subjective wellbeing is beneficial
- Indicators of subjective wellbeing are easy and inexpensive to implement
- Progress on national accounts of wellbeing and positive mental health

**The Need to Broaden Our View**
- Happiness maximization is not enough
- Shortfall of happiness research at country level
- Need to conjoin subjective aspects of quality of life with objective conditions
- Conjoining personal happiness with objective/macro-level indicators of societal wellbeing
- Wellbeing and pluralism in science and philosophy
- Integrating philosophical and psychological perspectives
COURSE SCHEDULE

- Tuesday, January 4th, 2022, 10-11:30 AM (EST): Module 1 (Introduction) -- philosophical foundations. Definitions, and measures of wellbeing; positive outcomes of wellbeing
- Tuesday, January 11th, 2022, 10-11:30 AM (EST): Module 2 (Objective Reality and Wellbeing) -- effects of technological, economic, political, and socio-cultural factors on wellbeing; effects of resources (time, money, income, and wealth) on wellbeing
- Tuesday, January 18th, 2022, 10-11:30 AM (EST): Module 2 (continued) -- effects of demographic factors on wellbeing; effects of personal and consumption activities on wellbeing; effects of biology, drugs, life events, and the environment on wellbeing
- Tuesday, January 25th, 2022, 10-11:30 AM (EST): Module 3 (Subjective Reality and Wellbeing) -- effects of personality on wellbeing; effects of affect and cognition on wellbeing; effects of beliefs and values on wellbeing
- Tuesday, February 1st, 2022, 10-11:30 AM (EST): Module 3 (continued) -- effects of needs and need satisfaction on wellbeing; effects of goals on wellbeing; effects of self-concept on wellbeing; effects of social comparisons on wellbeing
- Tuesday, February 8th, 2022, 10-11:30 AM (EST): Module 4 (Domain Dynamics) -- work wellbeing, residential wellbeing, material wellbeing
- Tuesday, February 15th, 2022, 10-11:30 AM (EST): Module 4 (continued) -- social, family, and marital wellbeing; health wellbeing, leisure wellbeing
- Tuesday, February 22nd, 2022, 10-11:30 AM (EST): Module 5 (Population Segments and Wellbeing) -- the wellbeing of children, the wellbeing of older adults
- Tuesday, March 1st, 2022, 10-11:30 AM (EST): Module 5 (continued) -- the wellbeing of women, the wellbeing of geographic population segments, the wellbeing of specialty population segments
- Tuesday, March 8th, 2022, 10-11:30 AM (EST): Module 6 (Wrapping Up) -- integrative models of wellbeing; philosophy and public policy issues related to wellbeing
The course is administered through a series of webinars offered over a three-months period. Much of the course material is covered through 10 webinars (scheduled for 1.5 hours each).

A textbook is used in this course as well: Sirgy, M. Joseph (2021). The Psychology of Quality of Life: Wellbeing and Positive Mental Health. Cham, Switzerland: Springer Nature. An arrangement with Springer will be made to offer students a significant discount to purchase the e-book version. Please contact the ISQOLS office (office@isqols.org) for more details about purchasing the textbook.

In order to receive an official certification, registered students must pass a series of exams. Each exam will involve a series of essay questions administered after the completion of each webinar (10 webinars = 10 exams). Students will be required to provide answers to the essay questions and submit their answers before the beginning of the next webinar (i.e., students will have 7 days to complete each exam). Each exam will be graded on the traditional A–F academic scale. A minimum of a total grade of C is required to pass the course. Attendance will also be monitored. Students have to attend at least 80% of the webinars to complete the course. The first course will be offered in January 2022. The webinars will be recorded and posted on a YouTube site.
THE COURSE
INSTRUCTOR
M. JOSEPH SIRGY

A World-Renowned Professor

M. JOSEPH SIRGY is a management psychologist (Ph.D., U/Massachusetts, 1979) and the Virginia Tech Real Estate Professor Emeritus of Marketing at Virginia Polytechnic Institute and State University (USA) and Extraordinary Professor at the WorkWell Research Unit at North West University – Potchefstroom Campus (South Africa). He has published extensively in the area of business ethics and quality of life (QOL). His awards include: International Society for Quality-of-Life Studies’ (ISQOLS’) Distinguished Fellow Award, ISQOLS’ Distinguished QOL Researcher, Academy of Marketing Science’s (AMS) Distinguished Fellow Award, AMS’ Harold Berkman Service Award, Virginia Tech’s Pamplin Teaching Excellence Award/Holtzman Outstanding Educator Award and University Certificate of Teaching Excellence, the EuroMed Management Research Award, and the Macromarketing Society’s Robert W. Nason Award. Best paper awards include articles published in the Journal of Happiness Studies, the Journal of Travel Research, and Applied Research in Quality of Life. His editorial responsibilities include co-founding editor of Applied Research in Quality of Life, editor of the QOL section in the Journal of Macromarketing, editor-in-chief of the Journal of Macromarketing, editor of ISQOLS’/Springer’s book series on International Handbooks in QOL, Community QOL Indicators--Best Cases, Applied Research in QOL--Best Practices, and co-editor of the Springer book series on Human Well-Being and Policy Making.
**Course Tuition**

**ISQOLS members who wish to be certified:**
- Course tuition is US$ 600 for those who wish to obtain official course credit and an ISQOLS certificate for having completed the course. A regular tuition is US$ 700 and a discount of $100 will be provided to ISQOLS members.

**Non-ISQOLS members who wish to be certified:**
- Course tuition is US$ 700 for those who wish to obtain official course credit and an ISQOLS certificate for having completed the course.

**ISQOLS members who wish to simply participate in the online course without certification:**
- There is no course tuition for those who wish to simply audit the course without certification (i.e., attend any one or more of the 10 webinars modules).

**Non-ISQOLS members who wish to simply participate in the online course without certification:**
- There is a fee of US$ 50 for those who wish to simply audit the course without certification (i.e., attend any one or more of the 10 webinars modules).
CONTINUING EDUCATION UNITS (CEUs)

➢ ISQOLS can provide educational credit in terms of Continuing Education Units (CEUs) for the Psychology of Well-Being Certification Program. **1 CEU is equivalent to 10 contact hours.** The Psychology of Wellbeing Certification Program involves 10 webinars, 1.5 hours each, or 15 contact hours total. This translates into 1.5 CEUs. As such, the program provides 1.5 CEUs (or 15 contact hours total).

➢ Those interested in receiving the CEUs should provide enough information to their own educational institution about the ISQOLS certification program and their own institution would determine if they would accept these CEUs.

➢ Many occupations require CEUs to stay licensed in their profession (counselors, life coaches, teachers, etc.). Those who wish to use the certification program for CEUs in meet continuing education requirements of their profession should contact their state/country licensing board and submit information about the course.
Are you ready to sign up?

Sign Up Now