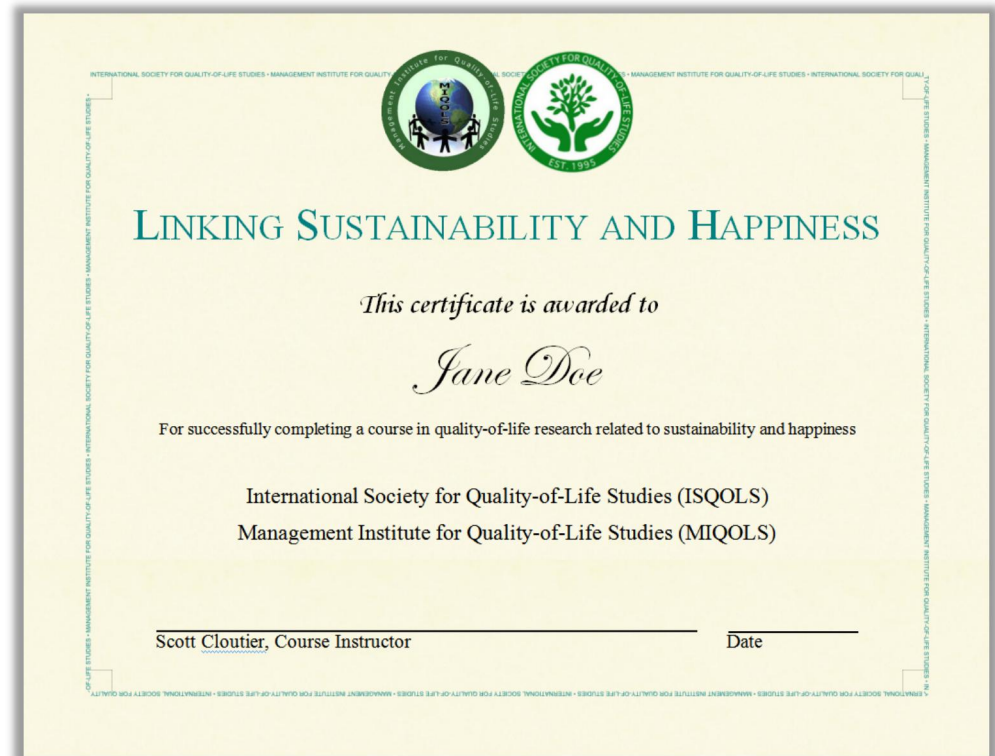




# LINKING SUSTAINABILITY AND HAPPINESS

## CERTIFICATION

The ISQOLS Certification in Sustainability and Happiness allows participants to consider the connections between sustainability and happiness through the exploration of related research, practices, and personal reflection. Participants will have the opportunity to receive a certification confirming their ability to draw life-enhancing links, conduct research, and facilitate practices at the intersection of sustainability and happiness. This certificate program is administered by the International Society for Quality-of-Life Studies (ISQOLS), a globally-recognized academic and professional association, with its own publications, journals, conferences, and identity, and the Management Institute for Quality-of-Life Studies (MIQOLS).



**8 learning modules • renowned instructor**



# OVERVIEW

**Who Are We**

**Why Get Certified**

**Who Is the Program for**

**What Will You Learn**

**How Will Course be Administered**

**Who Is the Course Instructor**

**What Do Former Students Say**

**What Is the Cost**

**How about CEUs**

**Do You Qualify**

**Are You Ready**





# WHO ARE WE



## International Society for Quality-of-Life Studies

*"exploring wellbeing and happiness"*

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

*fostering the science and application of well-being research*

# MIQOLS

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/wellbeing research in industry and government. The general objective of MIQOLS is to propagate the science of quality-of-life and wellbeing research by assisting organizations (business, government, and other institutions).



# WHY GET CERTIFIED

ISQOLS' certification program in Linking Sustainability and Happiness is designed to help researchers explore the connections between sustainability and happiness through the exploration of related research, practices, and personal reflection. This certificate program is administered by the [International Society for Quality-of-Life Studies \(ISQOLS\)](#), a globally-recognized academic and professional association, with its own publications, journals, conferences, and identity, and the [Management Institute for Quality-of-Life Studies \(MIQOLS\)](#). As such, an official certification would be beneficial to anyone who wants to connect the concepts of sustainability and happiness in academic research projects, policy making, managerial decision-making, population statistics, and/or coaching and counseling.



# WHO THE PROGRAM IS FOR

- **Students** interested in research related to happiness and sustainability and the chance to explore their own personal drivers for sustainability and happiness
- **Graduate students** interested in developing a research project (e.g., Master's thesis, Doctoral dissertation) involving topics related to sustainability and happiness
- **Academic scholars** interested in developing research expertise in sustainability and happiness
- **Public policy officials** interested in the science of sustainability and happiness to guide decision making
- **Managers of for-profit and non-profit organizations** interested in applying the science of sustainability and happiness
- **Researchers employed by national bureaus of statistics**
- **Quality-of-life/well-being/sustainability coaches** interested in using the research to help counsel clients
- **Individuals in any other context** who would like to foster their personal and professional abilities to connect sustainability and happiness





# WHAT YOU WILL LEARN

This is a semi-autonomous course. The course will be accompanied by a weekly online group meeting (1.5 hours each), where participants can discuss their experience with the material and address follow up questions with the instructor. The course includes 8 modules over eight weeks.

- ✓ a good foundation on how sustainability and happiness have been linked in academic works and elsewhere, showing the benefits of a combined approach
- ✓ diverse perspectives on the concepts of sustainability and happiness as well as respective action strategies, as discussed in literature and personal experience
- ✓ reflecting on personal drivers of sustainability and happiness e.g., through practices such as mindfulness or journaling where a connection between happiness and sustainability can be explored
- ✓ exploring win-win scenarios as well as tradeoffs when connecting sustainability and happiness both at the individual and societal level
- ✓ insights into how to foster the transformation towards increased sustainability and happiness as a researcher, a facilitator in various fields of occupation, and as an individual



# EIGHT MAJOR LEARNING MODULES

The course consists of eight modules. The introductory module broadly outlines the research field of sustainability and happiness and discusses the value of such an approach. The second module offers a detailed introduction to the concept of sustainability, including multiple perspectives. The third module focuses on theories of wellbeing and related terms such as happiness. The fourth module discusses beneficial links between sustainability and happiness. The fifth module addresses potential challenges for the bond of sustainability and happiness. The sixth module focuses on scales and levels of responsibility for moving towards sustainability and wellbeing. The seventh module introduces personal practices where sustainability and happiness intersect. The final module integrates all weeks. Participants will have the opportunity to receive a certification confirming their ability to draw life-enhancing links, conduct research, and facilitate practice at the intersection of sustainability and happiness.

- I. Linking Sustainability and Happiness**
- II. What is Sustainability?**
- III. What is Happiness, Wellbeing, and Subjective Wellbeing?**
- IV. Convergence of Sustainability and Happiness**
- V. Divergence of Sustainability and Happiness**
- VI. Levels of Responsibility**
- VII. Facilitating Personal Practice**
- VIII. Integration**



# LINKING SUSTAINABILITY AND HAPPINESS

# MODULE 1

Topics:

- examples of how sustainability and happiness have been related in literature and other areas and outline the scope of this approach
- general integrated nature of the field
- practical exercises to start connecting personal drivers of sustainability and happiness





# MODULE 2

## WHAT IS SUSTAINABILITY?

Topics:

- modern and diverse perspectives of sustainability
- historical roots of the concept and critically reflect discourses of sustainability
- how to address sustainability challenges
- barriers, individually and collectively, that further illuminate the perceived challenging path to a sustainable future (e.g., attitude-behavior gap, institutional lock-ins)
- practical exercises to reflect on the pillars that sustain personal visions of wellbeing and happiness



# WHAT IS HAPPINESS, WELLBEING, AND SUBJECTIVE WELLBEING?

## MODULE 3

### Topics:

- a basic foundation about concepts related to wellbeing such as happiness, subjective wellbeing, life satisfaction or human flourishing
- definitions of wellbeing and happiness, how they relate to each other and how they can be measured
- research on the basic requirements for wellbeing and happiness as well as subjective aspects
- practical exercises to reflect on personal determinants of wellbeing



# CONVERGENCE OF SUSTAINABILITY AND HAPPINESS

## MODULE 4

Topics:

- where links between sustainability and happiness, individually and collectively, can be found
- benefits of such a connection for the individual and society at large
- what supports a positive link between sustainability and happiness on different scales
- mediators on the personal level (e.g., attitudes, behaviors)
- beneficial research perspectives and techniques
- practical exercises to reflect on beneficial links between sustainability and happiness



# DIVERGENCE OF SUSTAINABILITY AND HAPPINESS

## MODULE 5

Topics:

- where sustainability and happiness, individually and collectively, might not link well
- negative effects of such a connection for the individual and the society at large
- barriers of linking sustainability and happiness and chances to overcome or mitigate these obstacles
- practical exercises for working with personal barriers to linking sustainability and happiness



# LEVELS OF RESPONSIBILITY

## MODULE 6

Topics:

- responsibility as a normative framework (e.g., philosophical, legal, theological)
- different levels of responsibility
- various contexts where the combined approach of sustainability and happiness could be beneficial to restore a balance (e.g., urban development, education, spiritual growth)
- practical exercises to reflect on personal levels of responsibility when linking sustainability and happiness



# FACILITATING PERSONAL PRACTICE

## MODULE 7

Topics:

- how to apply frameworks and research techniques that link sustainability and happiness to diverse fields of research
- studies on the weekly exercise choices and their effect on sustainability and happiness



# INTEGRATION

# MODULE

# 8

Topics:

- integration of the theoretical and practical knowledge in the course
- most important findings as researchers and as a private person
- gaps that still need to be addressed
- how to integrate evidence from literature and personal life
- how to individually and collectively move forward in supporting links between sustainability and happiness
- how to manage barriers



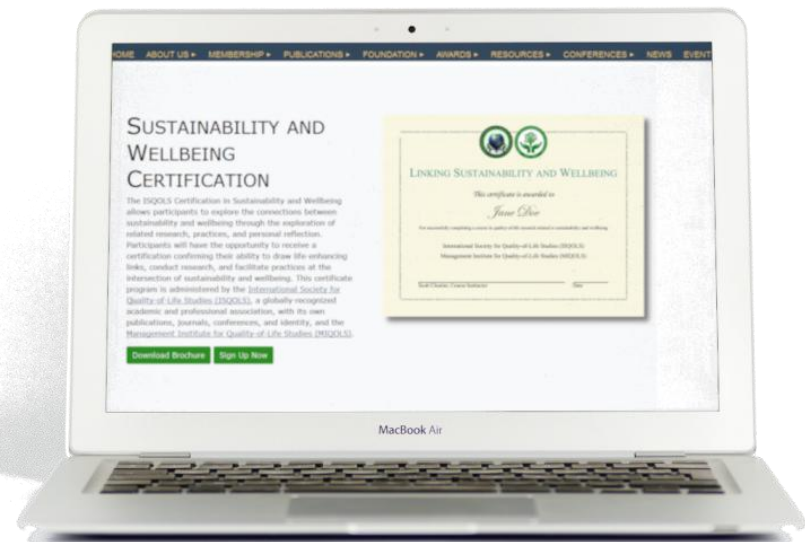
# COURSE ADMINISTRATION

This is a semi-autonomous course. The course will be accompanied by a weekly online group meeting (1.5 hours each), where participants can discuss their experience with the material and address follow up questions with the instructor. The course includes 8 modules over eight weeks.

To pass the course, registered participants must complete a series of tasks each week (see course schedule). At the beginning of each week (Mon-Wed), you will be asked to watch a pre-recorded video, review reading(s), and complete practical exercise(s). On Thursdays, you will participate in a group discussion and Q&A, as part of a live webinar. You will then end your week by submitting a personal reflection on the week's activities (due Sunday evening).

Participants who want to receive an official certification will be asked to complete an additional exercise toward the end of the course, due two weeks after the final meeting.

Each task will be graded on the traditional A-F academic scale. A minimum of a total grade of C- is required to pass the course. Participants will be provided the option to list the actual letter grade (A-F) on their official certification letter or a designation of Pass/Fail (a minimum of C- constitutes a Pass). All webinars will be recorded and posted on the course website for review. Participants who do not receive a passing grade can repeat the course, which will be offered twice a year.







# THE COURSE INSTRUCTOR

## SCOTT CLOUTIER

**SCOTT CLOUTIER (WE/US/OUR)** is an Assistant Professor and Senior Sustainability Scholar in the School of Sustainability and the College of the Global Futures. We founded and direct the Sustainability and Happiness Lab (Happy Lab), and the Sustainable Neighborhoods for Happiness™ (Happy Hoods) project, where our research interests center on understanding when sustainable outcomes and happiness coincide. Our work involves multi-year research, teaching and applied collaborations to regenerate human, more-than-human, and community sustainability. Scott has completed local and global projects, including, but not limited to, the Phoenix Metropolitan Area, Guatemala, Denmark, and on the Navajo Reservation in Arizona.

Scott has degrees in civil, environmental, and environmental and biological engineering. We are also certified in and practice assets-based development, regenerative development, permaculture, natural building, applied shamanism, depth hypnosis, and the integrative healing arts. We are a military (USN) veteran, former college athlete, and a lifelong farmer and advocate for remembering humanity's connection to and reliance upon nature, ancestors, and the wisdom of more-than-human families. Thus, our applied research methods and practices are grounded in creative processes of attending, where researchers recognize aspects of co-being and co-becoming, and are radically open to feelings and messages, relating to the world and understanding ourselves in meaningful ways.

We now focus our efforts on supporting local community hubs that enhance the sustainability and happiness of their surrounding neighborhoods, members, and the land they are situated on. Our latest applied research is in three main areas: (1) regenerative practices that restore land, human and more-than-human individuals, and communities, (2) nature-based practices and tools, such as applied shamanism, that fulfill spiritual yearning, promote sustainability, and their relationship to self-actualization and flourishing, and (3) transcendent learning environments and outcomes.





# COURSE TUITION

## Certification

- **ISQOLS members** can take the course for certification for **\$700**.
- **Non-ISQOLS members** can take the course for certification for **\$900**.
- Benefits include:
  - Access to the lecture slides
  - Access to the lecture videos
  - Discount from Springer to purchase the textbook that supports the course
  - Direct communication with the instructor by e-mail and/or video conferencing
  - Certification upon demonstrated learning (evaluated through successful completion of several exams)

## Audit

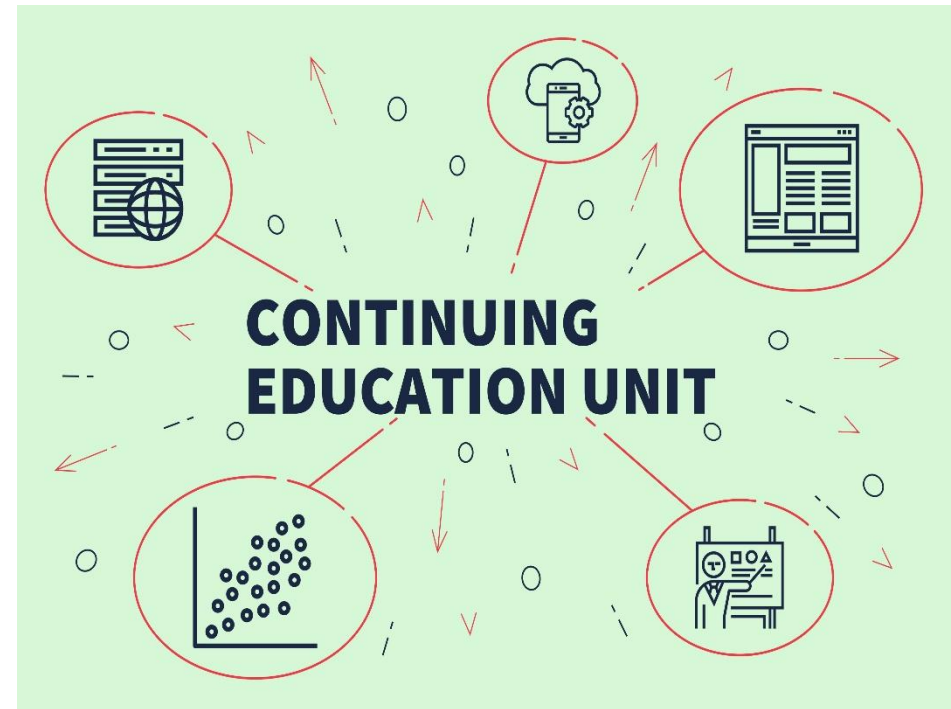
- **ISQOLS members** can audit the course for **\$50**.
- **Non-ISQOLS members** can audit the course for **\$200**.
- Benefits include:
  - Access to the lecture slides
  - Access to the lecture videos
  - Discount from Springer to purchase the textbook that supports the course





# CONTINUING EDUCATION UNITS (CEUs)

- ISQOLS can provide educational credit in terms of Continuing Education Units (CEUs) for the Community Indicators Projects Certification Program. **1 CEU is equivalent to 10 contact hours.** The Community Indicators Projects Certification Program involves an estimated 10 contact hours in total. This translates into 1 CEU. As such, the program provides 1 CEU.
- 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 (planners, public administrators, social workers, marketing researchers, survey researchers, etc.). Those who wish to use the certification program for CEUs to 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**