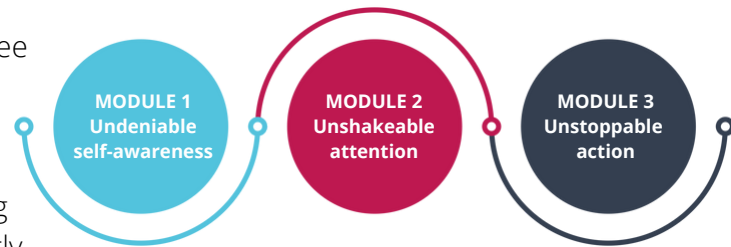


Bounce for Wellbeing Methodology

THE SCIENCE BEHIND THE TRAINING

Bounce Global's wellbeing programs have been designed to help anyone build confidence and resilience and promote positive wellbeing. The programs feature three learning modules that include scientific theory and research, self-reflection activities and insightful assessments. Each module in the course creates a pathway into the next by opening loops in the learning and an understanding of how to successfully and gently influence behaviour change.



MODULE 1 – Undeniable self-awareness

This module is designed to help you bring awareness to the things that make you, you. Understanding the effect of stress on the brain and body is critical in the first steps to building resilience. When you are aware of the benefits of positive emotions and how your values, beliefs and strengths shape your existence, you'll start to see your life in a powerful way.

Topics include:

- Self-awareness
- Positive emotions
- Strengths
- Values
- Beliefs
- Breathing

MODULE 2 – Unshakeable attention

This module will help you develop another set of skills to build your resilience and move toward your ideal life. These skills will sharpen your focus and help you pay attention to the parts of your life that might be holding you back so that you can reframe them into something more positive. You'll understand how negativity bias can pull you away from the things you want and how to build a growth mindset to overcome the unresourceful thoughts and beliefs that might be holding you back.

Topics include:

- Paying attention & positive focus
- The negativity bias
- Mindset, grit and the comfort zone
- Reframing

MODULE 3 – Unstoppable action

How well do you take care of yourself? Self-care isn't selfish. It's the most important strategy you have to look after your wellbeing and live the life you want. This module is all about understanding the importance of self-care and how it helps to build resilience. Harnessing the power of motivation plays an important role in practising self-care, and prioritising your health and wellbeing through habit-forming actions is essential to feeling more resilient when times get tough.

Topics include:

- Self-care
- Our brain, dopamine and System 1 & 2
- Nudge Theory
- Strategies for daily motivation
- PERMAH and the Six Dimensions of Wellness
- Making a commitment to self-care

RESEARCH & STUDIES

Alberts & Poole - Leaving The Comfort Zone

Better Health Channel - Box Breathing

Cappfinity - The Strengths Profile

Deci & Ryan - Intrinsic motivation and self-determination in human behaviour.

Angela Duckworth - GRIT: The Power of Passion and Perseverance.

Carol Dweck - Mindset

Barbara Fredrickson - Broaden-and-build theory, Positive emotions

Bill Hettler - Wellness

Daniel Kahneman - System 1 & 2

Maslow - Human Motivation

PositivePsychology.com - Positive focus, negativity bias and paying attention

David Rock - Positive focus

Martin Seligman - PERHMA

Thaler & Sunstein - Nudge Theory

James Clear - Habit-forming behaviours