



# MENTAL WELL-BEING COURSE

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For Professionals

# WELCOME!



## *Section 0.1* Introduction

This is a foundational course on your well-being. It's designed to give you the core knowledge and skills that will allow you to boost your mental health and have you feel, think, and function at your best.

"When you are in a good place mentally, everything works better."



## *Section 0.2* Meet your Instructor

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Hi, I'm Leyla Bagheri, your instructor for the course.

I have a graduate degree in psychology and have been involved in psychology research for over 12 years, looking how we can increase our well-being and function optimally in our lives. I've presented at numerous international psychology conferences, I'm a member of the Canadian psychological association, and have published scientific research. I'm also the CEO and Founder of LB Well-Being performance Inc, a company dedicated to supporting leaders, businesses, entrepreneurs, and people just like you to feel and function at your best.

What I've learned from the research, working with clients, and through my own life is that no matter what you've gone through, or going through, you can improve your wellness and success in any area of your life.

I'm so glad you're here and I'm honoured to be accompanying you in your journey.

## Section 0.3

# COURSE OVERVIEW



- Introduction - Welcome and How to Get Started  
(30 minutes)
- Module 1- Defining Mental Well-Being and Building Motivation for Change (47 minutes)
- Module 2- Stress Management and Self-Regulation (1 hour and 4 minutes)
- Module 3- Your Basic Psychological Needs  
(22 minutes)
- Module 4- Putting you in control: Meet Your Need for Autonomy  
(1 hour, 13 minutes)
- Module 5- Feel More Capable: Meet Your Need for Competence  
(50 minutes)
- Module 6- Strengthen Your Relationships: Meet Your Need for Connection  
(50 minutes)
- Module 7- Growth and Expansion: Meet Your Need for Novelty  
(42 minutes)
- Module 8- The Mind-Body Connection  
(33 minutes)
- Wrap up- Bringing everything together  
(5 minutes)

## Section 0.4

# HOW TO MAKE THE MOST OF THE COURSE

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- 1. Break up the material and try to do 1 module at a time.** This way you can put what you learn into practice. You won't see much progress unless you do the work. So break it up into weekly sessions and don't overwhelm yourself by trying to do everything at once. Aim to do no more than one module a week.
  - 2. Do everything, and do it with intention.** This means immerse yourself in the content you're learning. There's some really interesting material that we cover that I hope will keep you locked in for more! But regardless, challenge yourself to do everything, with your full effort. Best chance for success is to give yourself a fair shot.
  - 3. Come in with an open mind and trust the process.** This means try on new ideas, techniques, and exercises. You don't have to stick to them for the rest of your life if it doesn't resonate. But it was Albert Einstein that said "We cannot solve our problems with the same way of thinking that created them". So be open to new possibilities, new ways of thinking, and trying on new things. The only way to truly judge something is to give it a fair shot first. It's the only way to change and grow.
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- 4 **Look out for the destructive thought of “I already know this”.** I encourage you to be open to relearning old ideas. You may have heard or tried some of the techniques I share in this course from before. I invite you to listen as if it’s your first time hearing it.
- 5 **Another destructive thought to look out for is “This wont work for me”.** Marie Forleo, who is an entrepreneur, and a New York Times best-selling author for self-help books, has said to shift your thinking from “this wont work for me” to “ how can I make this work for me?”.
- 6 **Aim for progress not perfection.** It’s ok if you didn’t understand the full content. It’s ok if you weren’t able to do everything to the “T”. What’s important is to stay consistent, and just do your best. I invite you to practice non-self judgement and commit to staying consistent, rather than doing things perfectly.
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*"Those who don't believe in magic will never find it"*

*-Roald Dahl*

# Section 0.5

## GETTING STARTED CHECKLIST

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### ACTION STEP

#### How to make the most out of this course:

- Schedule in your modules and action steps into your calendar.\*
- Dedicate a journal for taking notes and doing the action steps
- Put away your phone and make sure that you are in a distraction free zone
- Print your worksheet for each module
- Ask yourself, "How can I make this work for me?" when feeling unsure or resistant
- Come in with an open mind and trust the process



\*Open up your calendar and schedule your modules for each week. Set aside about an hour a week to go through each module, and about another 30 minutes to do the action steps. You can use the time stamps indicated for each section to help you spread out the work during times of the week that work best for you. If you choose to take a bit longer or shorter to complete each module, that's ok too. What is important here is to spread out the work on your schedule so that it's not overwhelming and so that you can be consistent.

Open up your calendar to do this now. For example, you can decide to dedicate 1 hour every Saturday from 10:00 AM -11:00 AM for the coursework and 10 minutes a day to implement action steps.

# Your Commitment

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## ACTION STEP

*"The key to growth is to learn to make promises and to keep them"*

*– Stephen R. Covey.*

This is where your new journey begins!

1) Write down 3 major obstacles that could potentially stop you from completing this course, or doing the exercises. What are those common excuses you usually use not to do something? Write them down.

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2) Write down actions you will take for each of the obstacles you identified to make sure that they don't stand in your way.

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"I \_\_\_\_\_ (write your first and last name), am committing to do my best to complete this course. I am starting the course on the date of \_\_\_\_\_ and will finish by \_\_\_\_\_ .

Signature \_\_\_\_\_

Check off when you've completed your Action Steps