



SOARING Into Positive Wellbeing Initiative for Health and Human Service Agencies

[Soaringwords'](#) SOARING Into Positive Wellbeing Initiative is a seven-week program which bolsters the resilience and physical, emotional, and mental wellbeing of the professionals at health and human service agencies and the clients who they serve. The goal of this program is to change and elevate the language and culture amongst employees in order to amplify their resilience, wellbeing, and performance, which can also lead to superior client outcomes. This initiative is not a “nice-to-do.” Instead, it is an essential self-care tool for clinicians that they can immediately activate. The program also qualifies as continuing education credits available to licensed professionals at your agency.

Soaringwords' mission is to inspire individuals to take active roles in self-healing to experience greater physical, emotional, and mental wellbeing. Since 2000, Soaringwords' interventions have been shared with more than 500,000 people in marginalized communities experiencing health inequity or serious illness through partnerships with 196 hospitals around the world and health and human service agencies throughout North America.

The SOARING Into Positive Wellbeing Initiative integrates the latest science from leading Positive Psychology experts and utilizes interactive workbooks so participants internalize core concepts. The content will be delivered virtually and asynchronously to benefit licensed professionals as well as the administrative and support staff who are experiencing stress and burn-out. The modules can also be shared with the clients you serve. Each module is built upon the latest scientific discoveries from internationally recognized thought leaders. No other organization has amassed such an extensive lineup of experts in the field of Positive Psychology to share their life's work and insight. For the past 23 years, Soaringwords have led immersive workshops that motivate participants to fully engage in each session and make meaningful changes to enhance wellbeing in their work and personal lives.

The Need

Since the COVID outbreak, communities are focused on responding to emerging, long-term mental health issues. The services of your agency are needed now more than ever. At Soaringwords, we appreciate that your agency is facing the following challenges, according to The Mayo Clinic State of Well-Being 2022-2023 Report:

- 51% of health care employees reported heightened burn-out and lack of cohesion/ belonging, which diminishes psychological safety, loyalty, and productivity
- 58% of employees reported emotional problems such as anxiety, depression, and irritability

In addition, according to Gartner's Future of Work research, 2022:

- Employees are facing mental health fissures expressed through heightened stress and anxiety, exacerbated by the long-term physical and emotional impact of COVID on staff
- Decreased performance and engagement
- Exhausted workforce with 60% of employees reporting daily job stress
- Competitive talent landscape



Soaringwords' Empirically Based Solution

The SOARING Into Positive Wellbeing Initiative provides your health and human service agency with a turn-key solution that will support your current workforce by providing empirically based, proven solutions. Shifts in participant wellbeing are measured through surveys based on the SOARING Into Positive Wellbeing Model. A pre-program survey is given during module one. Participants complete follow-up surveys at the completion of each module, with a final survey given at the conclusion of the program. The results are aggregated to measure meaningful shifts in wellbeing and qualitative and quantitative data are shared in an Executive Summary. When employees are seen and heard, it reinforces organizational values and norms, which leads to better communication and more effective high-performance teams. The Soaringwords program will positively impact the language and culture in the agency. As a result of completing these workshops, previous participants frequently reported increased belonging and commitment to their peers and the organization.

The results from Soaringwords empirical based initiatives in 2021-2022 include:

- Enhancing Resilience: 91.7% of participants reported a decrease in worry
- Amplifying Agency: 87.5% of participants reported an increase in pride
- Bolstering Self-Regulation: 100% of participants report decreased anger; 87.5% increase in joy; 75% increase in gratitude; 50% decrease in sadness

SOARING Into Positive Wellbeing Model

In 2012, Soaringwords codified its unique approach into a scientific model, which was published in 2013. This empirical data from Soaringwords initiatives has been presented at 17 international scientific conferences and featured in leading media.

SOARING Into Positive Wellbeing Model	
S trengths	Creating shifts in one's mind, body, relationships, and overall wellbeing.
O ptimism	Choosing to look towards the good, even when times are difficult or painful, with hopeful expectation that things will be good in the future.
A ltruism	Building community by giving to others without expectation of return.
R esiliency	Bouncing forward through challenges.
I magery	Connecting to your inner self through reflection.
N arrative	Sharing the power of positive storytelling.
G ratITUDE	Noticing and appreciating the good things in and around you.



Additional workshop components

Each workshop includes a customized workbook filled with immersive prompts to help participants reinforce key concepts and build confidence and resilience. As they apply the new Positive Psychology learnings, participants engage more deeply in their jobs and their personal lives. The comprehensive Positive Dose Effect follow-up system includes three-minute reminder videos sent via emails that encourage the continued practice and internalization of core concepts from each workshop. Participants are invited to create a pay-it-forward expressive arts/writing project as a peak emotional experience at the end of each workshop, synthesizing what they learned in each module. Projects are donated to patients in local hospitals.

The workshops are led by Lisa Honig Buksbaum, Soaringwords CEO & Founder. Author, social entrepreneur, and Positive Psychology thought leader, Lisa is a visionary driven by great passion and action. An intuitive healer, well-loved inspirational speaker, and expert workshop leader and facilitator, Lisa has shared her wisdom with thousands of people throughout the world to help them enhance their lives with Positive Psychology insights and easy-to-use interventions. Three experiences with death and illness in her family during a ten-month period motivated her to launch Soaringwords. She is the author of *SOARING into Strength: Love Transcends Pain*, her debut memoir. Lisa graduated with honors from The University of Pennsylvania; holds an MBA in Marketing from Columbia University Graduate School of Business; and a Master of Applied Positive Psychology (MAPP) from The University of Pennsylvania where she received her undergraduate degree with honors. She has a certificate in Narrative Medicine from Columbia University College of Physicians and Surgeons, and a certificate from the American Institute for Mental Imagery. Lisa is president-elect of the International Positive Psychology Association's (IPPA) Health & Wellbeing Division and serves on the Board of the Coincidence Project. Lisa has led workshops as a scholar-in-residence and at grand rounds at leading universities, medical schools, and nursing schools around the world. She has led professional development workshops at dozens of Fortune 500 companies including Accenture, Cigna, Cisco, Deloitte, Lilly, Meta, Google, Johnson & Johnson, JPMorgan Chase, New York Life, Sony, Verizon, and Viacom.

Next Steps

Please email workshops@soaringwords.org to schedule a meeting to discuss bringing the SOARING Into Positive Wellbeing Initiative to your health and human service agency's employees and clients. Our Soaringwords team is eager to inspire them to go from strength to strength as they experience greater resilience, agency, belonging, and hope by learning how to incorporate the latest Positive Psychology discoveries and insights to enhance their physical, emotional, and mental wellbeing.

Warmest regards,

A handwritten signature in cursive script that reads "Lisa".

Lisa Honig Buksbaum, CEO & Founder, Soaringwords