



SOARING Into Positive Wellbeing Initiative Workshop Series for Health Care Professionals, Teams, and Residents

As CEO & Founder of the nonprofit Soaringwords, I'm excited to share our proven, empirically based program. The SOARING Into Positive Wellbeing Initiative is a seven-module, virtual, asynchronous program that will bolster resilience and productivity amongst residents and health care professionals and their team members. When a facility participates in the program, they are given access to all modules to use throughout the year. This empirically based program enhances and elevates the positive culture amongst employees and combats burnout in order to amplify their resilience, empathy, core skills, wellbeing, and performance, which can also lead to superior resident outcomes. Because this initiative will directly enhance the quality of care and quality of life for residents, this can result in securing Civil Money Penalty Reinvestment Program (CMPPR) funds. Additionally, the Soaringwords workshop series can provide continuing education credits for professionals, funded through your company's Continuing Education Credit budget

No other organization has synthesized such a wide array of relevant findings from wellbeing science into an award-winning, accessible workshop series. These immersive modules motivate participants to fully engage in each workshop and make meaningful changes in order to experience enhanced wellbeing in their lives. Here is a [link](#) to a short video highlighting the program components.

About Soaringwords

[Soaringwords'](#) mission is to inspire individuals and health care professionals 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 individuals in communities experiencing health inequity or serious illness. We are proud to have partnered with 196 hospitals around the world and health and human service agencies throughout North America. In 2020, Soaringwords provided the content for the launch of the World Economic Forum's Healthy Cities initiative working with the Jersey City Department of Health & Human Services. Soaringwords has additionally led numerous Caring For The Caregiver workshops and programs to support families facing a loved one's acute or long-term medical crisis in addition to leading numerous end-of-life and bereavement groups. Soaringwords has provided programs for 150,000 employees at Fortune 50 companies including Accenture, Cigna, Cisco, Deloitte, Lilly, Meta, Google, Johnson & Johnson, JPMorgan Chase, New York Life, Sony, Verizon, and Viacom.

The Need

Since the COVID outbreak and resurgence, communities are focused on responding to emerging, long-term mental health issues. As you well appreciate, the services of long-term care teams are needed now more than ever.



At Soaringwords, we appreciate that your organization 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 the Gartner 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

Numerous studies have shown challenges for quality of life amongst residents in assisted living:

- Depression is one of the top five chronic conditions for seniors living in assisted living facilities (National Institutes of Health: Morgan et al., 2016)
- Estimated that 20% of people 55 years or older experience some type of mental health concern including anxiety, severe cognitive impairment, and mood disorders including depression. Depression is not a normal part of growing older, rather in 80% of cases it is a treatable condition (Center for Disease Control and Prevention)

The Solution: The SOARING Into Positive Wellbeing Initiative

Soaringwords' SOARING Into Positive Wellbeing Initiative is a seven-module, asynchronous program which provides health care professionals and their team members with a turn-key solution to bolster the health and wellbeing of their long-term care community. When a long-term care facility participates in the Initiative, it is given access to all modules to use for the entire year. This comprehensive Soaringwords Initiative creates more resilient long-term care communities within each facility. Each workshop can be completed individually or shared in communal social emotional learning programs, residential support groups, and family support groups.

I am the host of each workshop video, leveraging my experience as Soaringwords' CEO & Founder and bringing expertise as the president of the International Positive Psychology Association's (IPPA) Positive Health & Wellbeing Division, and a graduate of the Master of Applied Positive Psychology program at The University of Pennsylvania under the direction of Dr. Martin Seligman, the founder of the field of Positive Psychology.

In each module, participants watch a 60-minute video which has a companion interactive workbook to help participants internalize core learnings. At the end of each module, participants are invited to create a pay-it-forward expressive arts/writing project as a peak emotional experience, synthesizing what they learned in each module. Projects are donated to pediatric patients in hospitals in their local area.



Shifts in participant wellbeing as a result of engaging in the workshop are measured through pre- and post-workshop surveys based on the SOARING Into Positive Wellbeing Model. The results are aggregated to measure meaningful shifts in wellbeing and qualitative and quantitative data are shared in an Executive Summary. The comprehensive Positive Dose Effect follow-up system includes three-minute reminder videos so participants can continue to practice and internalize core concepts from each workshop.

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

When employees are seen and heard, it reinforces organizational values and norms, which leads to better communication and more effective, high-performance teams. When residents are given an opportunity to connect with their fellow residents and community through the workshops, they feel less isolated and more engaged. And, when family members are provided with relevant tools that decrease anxiety, depression, and stress while giving a sense of agency and hopefulness, it has an immediate and positive impact on employees working in long-term care facilities. Overall, the SOARING Into Positive Wellbeing Initiative positively impacts the entire constellation of care and bolsters the entire long-term care community.

SOARING Into Positive Wellbeing Model

In 2012, Soaringwords codified its unique approach into a scientific model, which was published in 2013. This empirical data and case studies from Soaringwords initiatives have been presented at 17 international scientific conferences including the International Positive Psychology Association, European Conference on Positive Psychology, and Healthcare Information and Management Systems Society (HIMSS). Soaringwords has also been featured in leading media including Good Morning America, USA Today, CEO to Watch in Chronicle of Philanthropy, 2022 Authority Magazine's Mental Health Champion, and Fortune Small Business.



SOARING Into Positive Wellbeing Model	
Strengths	Creating shifts in one's mind, body, relationships, and overall wellbeing.
Optimism	Choosing to look towards the good, even when times are difficult or painful, with hopeful expectation that things will be good in the future.
Altruism	Building community by giving to others without expectation of return.
Resiliency	Bouncing forward through challenges.
Imagery	Connecting to your inner self through reflection.
Narrative	Sharing the power of positive storytelling.
Gratitude	Noticing and appreciating the good things in and around you.

Next Steps

I look forward to discussing how to build interest and awareness in the SOARING Into Positive Wellbeing workshop series amongst your administrators, nurses, social workers, and recreational therapists. I hope to set up a zoom meeting with your management team at your earliest possible convenience to discuss a win-win collaboration.

Our Soaringwords team is eager to inspire your community 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,

Lisa Honig Buksbaum, CEO & Founder, Soaringwords



SOARING Into Positive Wellbeing Workshop Series for Long-Term Care Facilities

Tools to Elevate Employee & Resident Wellbeing

The SOARING Into Positive Wellbeing Initiative bolsters resilience and productivity amongst health care teams, all staff, and residents in long-term care facilities. 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 resident outcomes. Soaringwords provides health care professionals and their team members with turn-key, empirically based solutions to mitigate burnout, and help residents feel more connected.

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.



The Workshop Series:

1 SOARING Into Strengths

Identify your signature strengths, learn to strength spot in others, and discover how to distinguish between a Growth Mindset and Fixed Mindset.

2 SOARING Into Optimism

Learn how to cultivate an Optimistic Explanatory Style to experience more micro-moments of joy, self-compassion, and happiness.

3 SOARING Into Altruism

Enhance wellbeing by exploring how doing something kind without the expectation of receiving anything in return gives a powerful sense of self-efficacy.

4 SOARING Into Resilience

Strengthen your mental agility, coping skills, and grit by harnessing your inner resources during difficult times in order to bolster your ability to persevere.

5 SOARING Into Healing Imagery

Tap into your inner knowledge and knowingness. Learn how to access internal clarity and guidance with powerful easy-to-use visualizations.

6 SOARING Into Positive Narrative

Learn how to become the hero of your life. Telling your story helps you better reflect your values, leading to significant health benefits.

7 SOARING Into Gratitude

Explore the benefits of gratitude on your wellbeing, relationships, and community. Integrate four of the most impactful gratitude exercises into your life.

Collaborate With Soaringwords

Visit www.soaringwords.org/workshops
Email: workshops@soaringwords.org



Your Workshop Leader: Lisa Honig Buksbaum

The workshops are led by Soaringwords' CEO & Founder Lisa Honig Buksbaum. Lisa is a passionate: a person driven by great passion and action. She holds a master of applied positive psychology from the University of Pennsylvania and is a Positive Psychology thought leader, president of the International Positive Psychology Association's Positive Health and Wellbeing Division, and author of the debut memoir *SOARING into Strength: Love Transcends Pain*.