

Learning Circle Peer Facilitator Guide: Positive Psychology



Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

Name of Learning Circle Peer Facilitator: _____

1. How can you apply the principles of PERMA in your daily interactions?
2. What actions or tactics can we use to help members cultivate positive emotions, even in hard/stressful circumstances?
3. When is the last time you experienced "flow"? How did you feel about that particular experience?
4. How might someone in a member-facing role help them identify their strengths and align the member with opportunities to use their strengths on a regular basis?

On your own, as an additional tool to reinforce practical application of these learnings, what is your individual Our United Culture "I Will Statement" related to your member engagement?

E.g.: I will...use the member engagement techniques I have learned each time I engage with a member and reflect on how I can make a difference