



# Learning Circle Discussion Guide

## PERMA Profiler

### Directions

In your self-defined Learning Circle, a peer facilitator leads a discussion and/or role-play leveraging the talking points 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 and ultimately impact those individuals you serve.

### Discussion Questions

1. Based on what you learned in this session, share some ways that you or your organization prioritize "meaning making"? Or how might your organization/approach prioritize meaning making?
2. How might you encourage someone to act upon the information in a PERMA Profiler?
3. The PERMA Profiler is not limited to individuals served by your organization. How might you propose using the PERMA profiler as a teambuilding activity? How might you use it to have a conversation with your manager?
4. Discuss the statements presented on the PERMA Profiler questionnaire. How does this activity connect/differ to the Values Card Sort?
5. If time permits and volunteers are willing, engage in a role-play where you practice the PERMA Profiler. Focus on:
  - a. Explanation of the activity
  - b. Describing flow and the importance of meaning making