

Seligman's (2012) PERMA model: 5 Facets for Flourishing	Recommendations for promoting flourishing	What have you/can you do to support yourself in these areas?	What have you/can you do to support others in these areas?
Positive Emotions feeling joy, hope and contentment helps improve performance, creativity and decision-making	reduce stressors, promote positive coping & resilience		
Engagement feeling attached, involved and an ability to concentrate on activities	create meaningful opportunities to draw on strengths & interests		
Relationships feeling connected, supported and cared about	promote opportunities for collaboration & interaction within & amongst teams		
Meaning feeling valued and connected to something greater than self	connect to purpose & promote reflection		
Achievement progressing towards goals, feeling capable and a sense of accomplishment	provide autonomy & celebrate success		

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