

The Cave

The Identity Family

**VIRTUAL
TRAINING**

9 HOURS

 **business**
L&D SOLUTIONS



PROGRAM OVERVIEW

🕒 9 HOURS

This program is designed based on the book (The Cave) where we narrate the story of Hilal, a high tech senior manager who got engaged with the happiness organization “The Cave”, through his journey with the Cave’s consultants he went through a wide range of strategies and life application that moved him into a positive and happy place where he established a solid attitude towards positivity and happiness in his life.















Hilal went through a series of consultations starting with Life Balance and ending with self-actualization, The consultants of the cave focused on coaching Hilal to apply their strategies in a feasible practical manner and at the end they reached with Hilal the conclusion that happiness is a self-decision and not based on the outside world or surrounding circumstances.

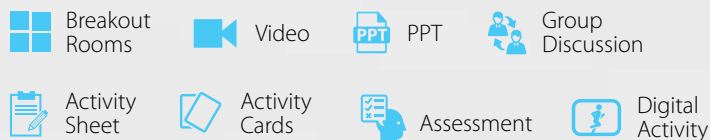


MODULE 1 AGENDA

 **3 HOURS**



	TOPIC	TOOL	OBJECTIVE
15 min.	The Pursuit of Happiness "Chris Gardner" Video		Introduction to happiness through Chris Gardner "The Happiness Guru"
15 min.	Describing & Sharing Happiest Moments		Getting to know what happiness means to participants
30 min.	Positive Psychology Introduction Difference between psychology & positive psychology	 	Mapping Happiness to positive psychology Science
15 min.	The Kit Introduction and general discussion about the components		Introducing the Cave Kit and all its components
15 min.	Introducing the Book Scene 1 about Mr Happy & the cave consultants		Getting Familiar with the cave story through Mr Happy Scene
30 min.	Traditional Happiness Theories and Authentic Happiness Introduction	  	Learning the Traditional and latest Happiness Theories
15 min.	Mr Charity Scene Gratitude Letter Activity	 	Understand the Charity Concept and its psychological effect Explain the relation between Gratitude and Happiness
30 min.	VIA Assessment Completion		Realize Values and strengths ascending breakdown for each participant https://www.viacharacter.org
15 min.	6 Core Values of Strengths By Chris Peterson & Martin Seligman		Understand each value and strength definition and impact





MODULE 1 LEARNING OUTCOMES

- Realizing the importance of self-responsibility towards mindset shift regarding happiness.
- Understand different happiness theories (Traditional and modern).
- Learning different methodologies of achieving happiness and positivity.
- Understand values and strengths definition and impact.
- Understand the Charity Concept and its psychological effect.



MODULE 2 AGENDA

3 HOURS



⌚	TOPIC	TOOL	OBJECTIVE
15 min.	Mr Balance Scene		Understand the Balance of life concept through Mr balance scene
15 min.	Wheel of life Activity		Understand the existing VS Desired Balance of life concept through The wheel of life activity
15 min.	Mr Record Scene		Realizing the importance of emotional awareness through recording emotions techniques
15 min.	Red & Green Activity		Increase emotional awareness about energetic and draining daily activities
15 min.	Ben Shahaar's Happiness Model Video		Identify the four quadrants of happiness on the sandwich Matrix
15 min.	Sandwich Matrix Activity		Reflect on personal experiences using the sandwich matrix
15 min.	Mr Express Scene		Understand how to safely express emotions in an intelligent way
15 min.	Active/Constructive Relationships Matrix Activity		Apply different scenarios of emotions expressions and its impact on relationships
30 min.	PERMA Model		Identify The PERMA Model and thorough explanation of each step
30 min.	PERMA Application Activities Gratitude Visit Meaningful Letter		Application of PERMA Model activities and linking to future regular activities

Breakout Rooms

Video

PPT

Group Discussion

Activity Sheet

Activity Cards

Assessment

Digital Activity





MODULE 2

LEARNING OUTCOMES

- Apply PERMA Model for achieving authentic happiness and well being.
- Applying suitable work life balance .
- Practice the wheel of life.
- Increase emotional awareness about energetic and draining daily activities.
- Understand how to safely express emotions in an intelligent way.



MODULE 3 AGENDA

🕒 3 HOURS



🕒	TOPIC	TOOL	OBJECTIVE
15 min.	Mr Focus Scene	👥 📄	Understand Focusing techniques impact on Positivity
15 min.	Exploring Flow Activity	🖥️ 🏃	Applying Focusing technique and relating it to state of flow
15 min.	Mr Trigger Scene	📄	Realizing and justifying human Behavioral Triggers
15 min.	Business Experiences reflections about different behaviors in the workplace	🖥️ 👥	Realizing and justifying human Behavioral Triggers
15 min.	Mr Self Esteem Scene	🖥️ 📄	Learning the 8 self-esteem tips
15 min.	Discussion and reflection	🖥️ 👥	Applying the self-esteem tips
90 min.	Playing the Cave Board game activity (The Virtual Version)	🏃	General Application of all happiness techniques learnt in the workshop

🖥️ Breakout Rooms

🎥 Video

📄 PPT

👥 Group Discussion

📄 Activity Sheet

📄 Activity Cards

🗣️ Assessment

🏃 Digital Activity





MODULE 3

LEARNING OUTCOMES

- Understanding and justifying human behaviors in depth.
- Understand Focusing techniques impact on Positivity.
- Increasing self and emotional awareness.
- Applying tips for improving self esteem.
- Applying sophisticated self-regulation techniques.





TOOL KIT

Businesses will equip attendees with the Cave toolkit that involves:

- The Comic Book.
- Values and Strengths Cards.
- PERMA Model Cards.
- Strengths assessment scoring sheet.
- Various References that will equip attendees with Positive Psychology theories and practices.



ANIMATED SCENES

The Visual platform and its animated scenes simulate the happiness techniques represented through 7 happiness consultants (The Cave Consultants). Through absorbing the consultant's conversations on each scene, attendees will get full idea about applying those techniques in real life to develop happiness and positivity in the workplace.







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