



Achieving Balanced Well-BeingTM

An Online Program Designed To Create
Balance And Well-Being In Your Life



Handle
Anxiety



Set
Priorities



Optimize
Performance



Be Your
Best Self



THE
PACIFIC
INSTITUTE®

A Thought Patterns for High Performance® Program



The World Has Changed

In these days of rapid and never-ending change, stress and tension have become the 1000-pound weight we can't seem to get out from under. We are desperate to be in control so we can survive the onslaught of news headlines, responsibilities, distractions, and demands on our time. Meanwhile, finding moments for ourselves sits at the very bottom of our "to-do" list.

- External pressures have a significant, often negative, impact on our personal and professional lives, which lead to stress, anxiety, strained relationships, unhealthy lifestyles, poor work performance, and decreased engagement.
- There is mounting data and research indicating a direct correlation between our well-being and happiness, as well as our resiliency and ability to persevere in the face of obstacles.
- Our well-being is developed by our ability to perform strongly through establishing alignment to vision and goals, managing change effectively, increasing our engagement, creativity and strengthening relationships to succeed from within.

So, when you are overwhelmed and want to run and hide to escape the madness... STOP! Take a moment. Give yourself the opportunity to learn the tools to take back control.

Where do we find these tools, these keys to mastering persistence and resiliency? Actually, we already have them. They just need to be discovered, uncovered, and allowed to flourish.

It's all in our Mindset.



"Well-being is associated with numerous health-, job-, family-, and economically-related benefits. For example, higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Individuals with a high level of well-being are more productive at work and are more likely to contribute to their communities."

CDC - CENTERS FOR DISEASE CONTROL AND PREVENTION¹

Putting You In Control



Give yourself the tools to regain power in this uncertain world.

Achieving Balanced Well-Being™

Being used by police, teachers, nurses, athletes, government agencies, workforce organizations and corporations around the country with exceptional results!

1 [Exploring workforce trends 2020 | Deloitte insights](#)

2 [Americans Are Taking 34 Percent More Anxiety Meds Since Coronavirus Pandemic Started, Study Says \(newsweek.com\)](#)

3 [Veteran and Military Mental Health Issues - StatPearls - NCBI Bookshelf \(nih.gov\)](#)

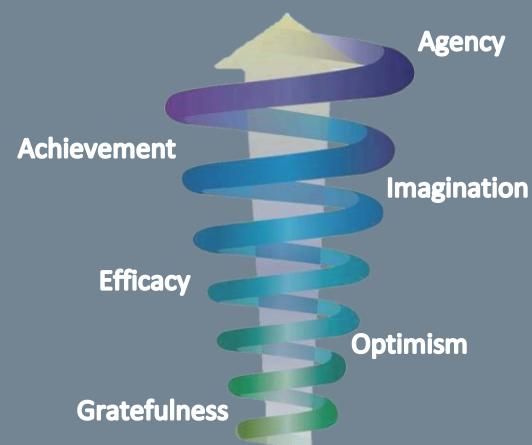
4 [Depression and anxiety doubled in children, pandemic study says | CIDRAP \(umn.edu\)](#)

The Current Times Can Be Stressful:

- Deloitte Global Human Capital Trends study, with 80% of our nearly 9,000 survey respondents identifying Well-Being as important or very important to their organization's success.¹
- Anxiety is the most common type of mental illnesses in the country, according to the Anxiety and Depression Association of America, with over 40 million adults suffering from some form of disorder.²
- Approximately 14% to 16% of U.S. service members deployed to Afghanistan and Iraq have PTSD or depression.³
- One in four children are reporting depression and one in five are reporting anxiety.⁴

"What is killing our futures is not disease, it is chronic dis-ease, uncertainty and fear!"

~ John McNeil, Founder
The Pacific Institute Community



Time to Build An Upward Spiral?



Our Solution

This powerful online, self-paced curriculum dives into your habits, attitudes, beliefs and expectations to optimize performance and well-being, both individually and organizationally. You will learn about the most significant aspect of health and optimal well-being: that you are in control and have the power to change different aspects of your life. The program applies The Pacific Institute's mindsetting curriculum to the well-being PERMA model* to accelerate results, build resilience, enhance engagement and overcome areas where you may be "stuck."

Individually, all exercises and activities within the program are focused on the active application of the cognitive material to those issues that affect well-being. This process sets your life on the path to flourishing and higher levels of performance. Organizationally, the concepts and exercises can be applied to help boost morale, drive innovation and foster teamwork towards achievement of a common vision and unprecedented goals.



The Pacific Institute's revolutionary program helps address the stress of having to "do it all" in order to find a level of success with:

- Work
- Community Contribution
- Keep up on Technology
- Financial Health
- And So Much More . . .
- Nutrition & Exercise
- Family Relationships
- Spiritual Life
- Leisure Time



"All meaningful and lasting change starts first on the inside, then works its way out."

— LOU TICE, CO-FOUNDER OF THE PACIFIC INSTITUTE



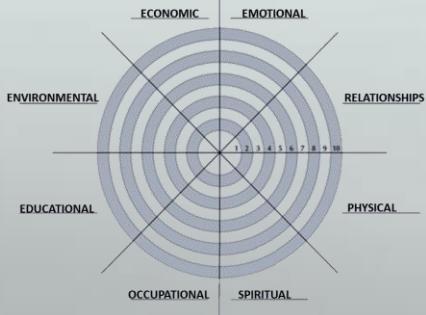
CONTACT THE PACIFIC INSTITUTE COMMUNITY
ASSOCIATE WHO FORWARDED THIS BROCHURE
FOR INFORMATION ON INDIVIDUAL AND/OR
ORGANIZATIONAL APPLICATIONS

*The five elements that are key to flourishing, identified and researched by Dr. Martin Seligman and his colleagues at the University of Pennsylvania. PERMA: Positive emotion, Engagement, Relationships, Meaning, and Accomplishment.

Our Step-by-Step Curriculum



Course Overview Setting Expectations



SECTION 2: HOW THE MIND WORKS AND A STRUCTURED PROCESS FOR GROWTH AND CHANGE

Unit 1 – Where Do We Start?

We begin by uncovering tools we already have at our disposal, that we will utilize as we move to a more constructive mindset.

Unit 2 – Beliefs: Taking Inventory

Beliefs form the foundation that controls how we live and act in the world. It's why we think the way we do.

Unit 3 – The Power in How We Think

Understanding how we think is a vital ingredient in the change process.

Unit 4 – Decisions, Decisions: The Thought Process

We will explore how we process information coming in through our senses in order to make decisions.

Unit 5 – The Liberators: Habits and Attitudes

We will understand how our habits and attitudes are formed and identify those that are holding us back, and those that are moving us towards our goals.

Unit 6 – Growing Our Comfort Zones

While some comfort zones are good for us, others hold us back. We will learn how to expand those limiting comfort zones.

Unit 7 – The Internal Dialogue

This constant conversation in our minds can keep us in the past or help us move to the future we want.

Unit 8 – Building Inner Strength and The “Selves”

Change comes from within and so does the strength to change.

Unit 9 – The Tools for Growth

A structured process provides tools to change our internal picture of ourselves and the future we want.

Unit 10 – The Strength is In the Pictures

More tools help us to solidify the changes we want.

SECTION 3: CONTINUING TO GROW AND LIVE A “WANT TO” LIFE WITH MEANING

Unit 11 – Creating the Path to the Future

Decide what to change, and goal-set toward the desired end results.

Unit 12 – Getting to the “Why”

Our motivation makes or breaks our path to our goals.

Unit 13 – The Horizon Beyond the Horizon

To keep energy and creativity going, we want to look far beyond tomorrow, to each next tomorrow.

Unit 14 – Where Do We Go from Here?

Happiness, Credibility and Purpose outline our basic Philosophy of Life.



50-years of Pioneering and Applying Positive Psychology
for Elevated Individual and Organizational Outcomes