

Changing Lives with Positive Psychology

The impact of the science on real lives!

by Sue Langley



Introduction

11069NAT Diploma of Positive Psychology and Wellbeing (DPP) was launched in May 2013 by the Langley Group Institute (RTO 40655). At the time, it was the world's first Australian Government accredited qualification and the only vocational qualification worldwide.

Positive psychology is the scientific study of human flourishing, and after 12 years we wanted to explore the impact of learning on the flourishing of students. 1,897 students have enrolled on the DPP with a 60% completion rate. The DPP is run face to face or virtual live with assessments that apply or are relevant to real life.

The DPP focuses on integrating research from PP, emotion science and neuroscience for more depth, and there is significant rigour around the evidence, models and frameworks, more than just PPIs. Over 270 interventions have been identified in the DPP content.

With the global focus on wellbeing, particularly during challenging times and wider systemic elements (third wave PP), we wanted to explore the impact of the DPP learnings.

Objectives

The purpose of the study was to systematically identify both quantitative and qualitative changes in wellbeing over time due to the impact of participating in the Diploma of Positive Psychology and Wellbeing.

Method

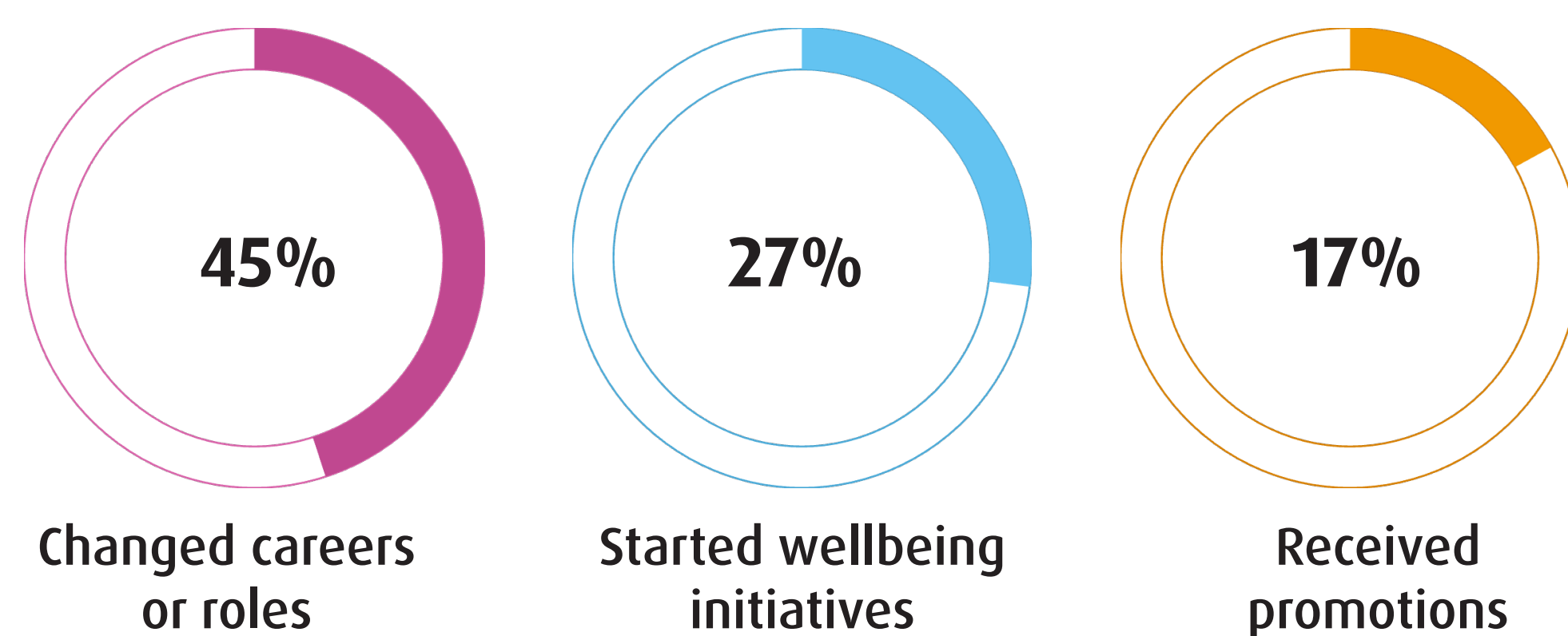
Participants: 86 Diploma of Positive Psychology and Wellbeing Alumni

Procedure: Participants were asked to complete a qualitative survey and WoW assessment, including the same inventories that inform the DPP learning.

Materials: Survey Monkey and Work on Wellbeing Assessment (Jarden, 2013).

Results

Positive Career and Role Change

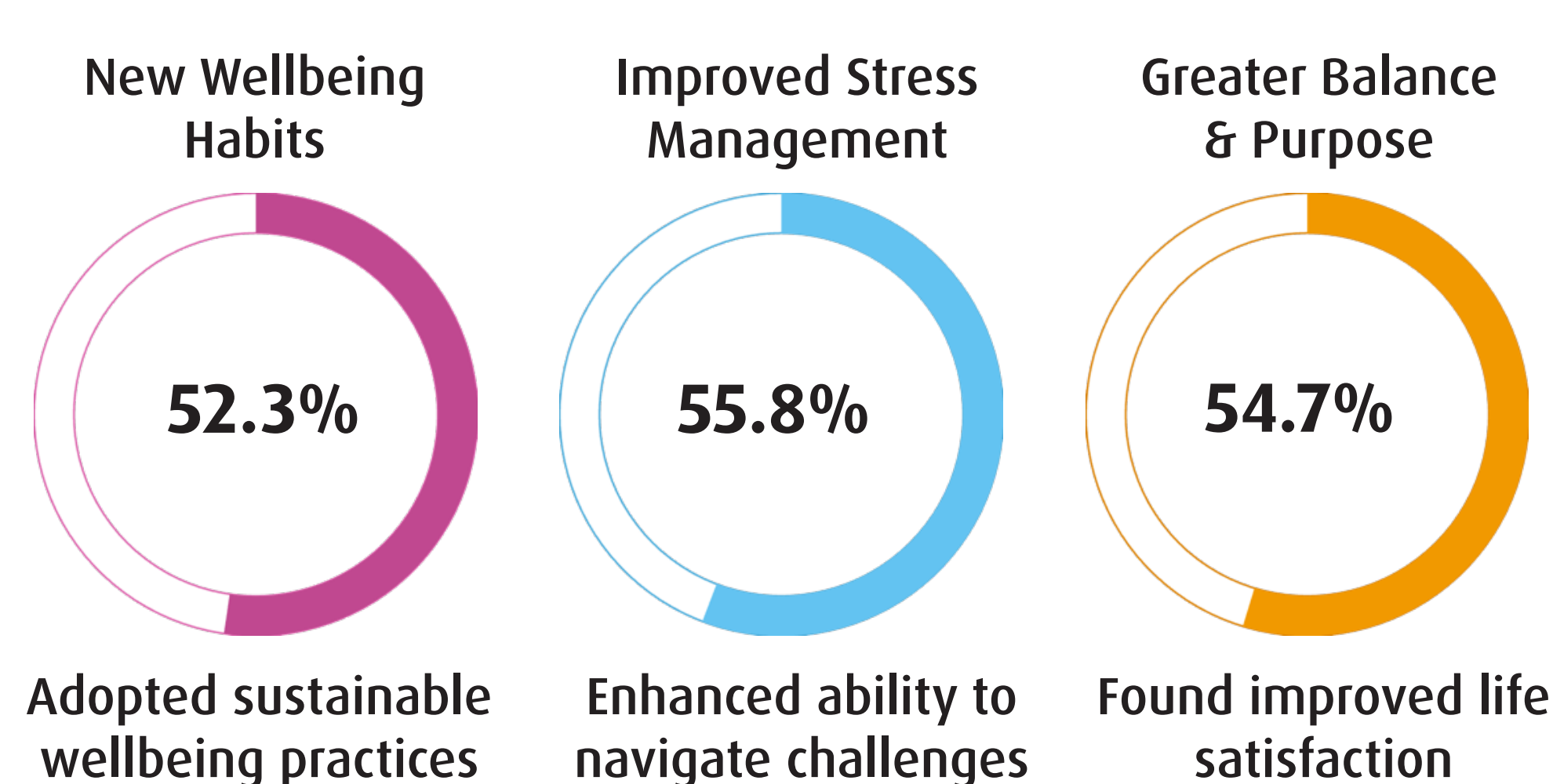


66.3% experienced measurable workplace transformation - personally or systematically

Organisational and Systems-Level Impact



Sustained Personal Growth



Conclusions, limitations and implications

Whilst the results provide positive support for the impact from the DPP learnings on the lives of the students and those around them (at home and work), this is a select group of participants. They have chosen to attend and are committed to the learning – taking 12 months to embed the learning through practical assessments. When people obtain things free of charge, often they place less value on it, may not commit to the assessments and therefore not obtain the results.

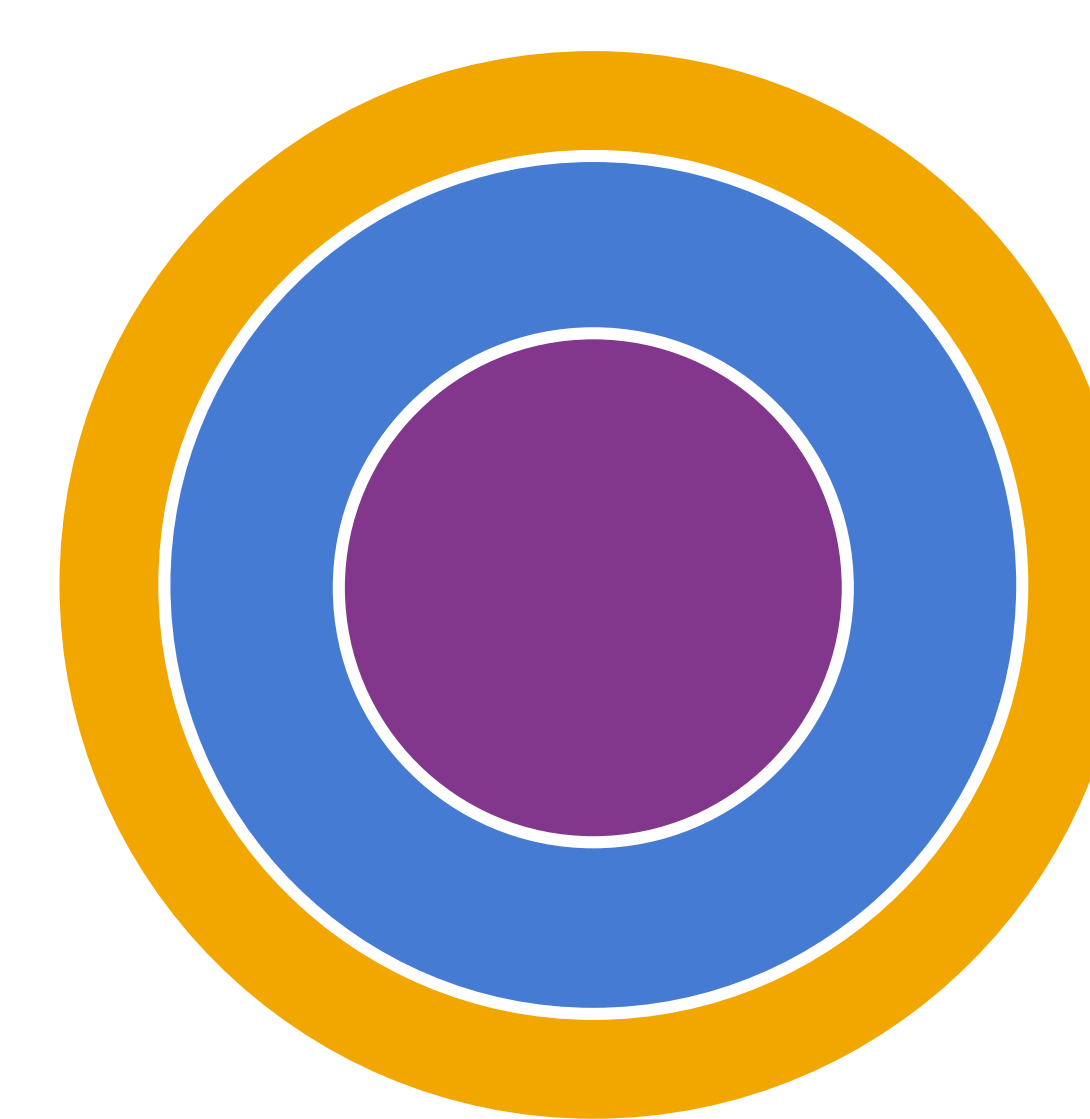
“Positive psychology is not a spectator sport” and whilst we would love to provide this learning free of charge to everyone we appreciate that is not the answer. More analysis of the quantitative results as well as content analysis of the qualitative comments will continue. To find out more, please see our Graduate Impact Survey report and our publications to follow.

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Using the established Christakis & Fowler social network model, we can project the extended reach of wellbeing behaviours as they spread through graduates' networks. This scientific approach helps quantify the exponential impact of the programme beyond direct participants.

Social Contagion Estimate

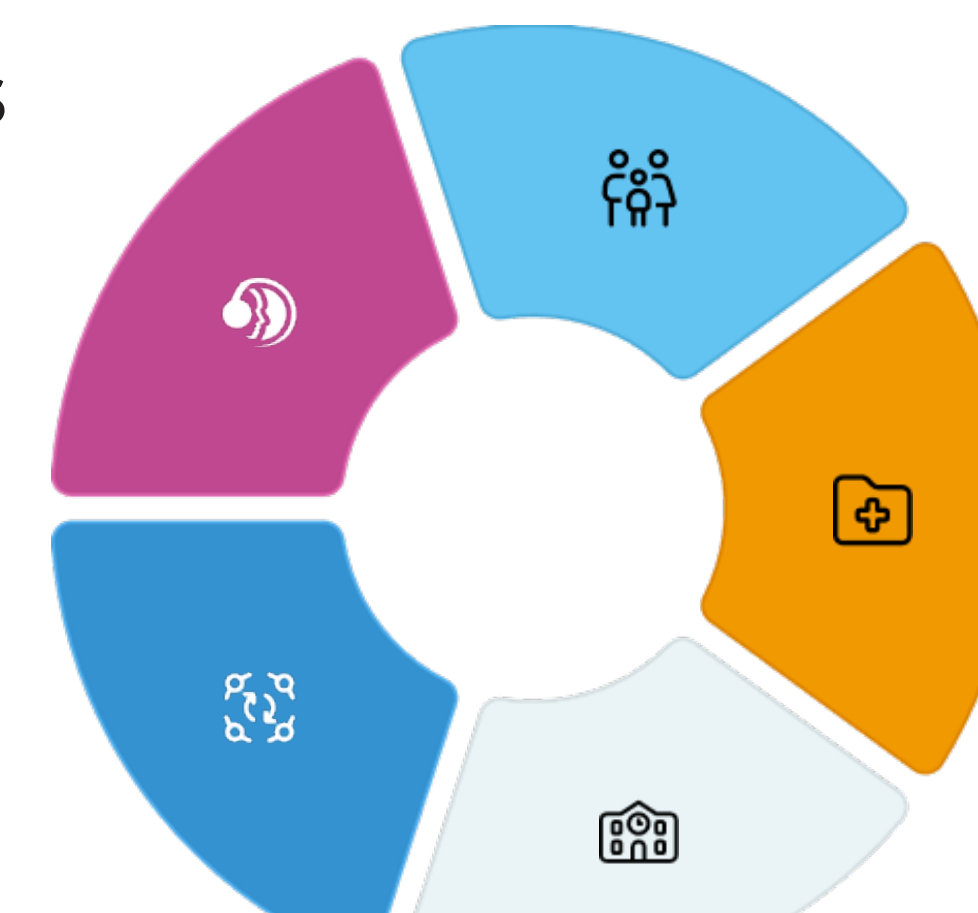


While the theoretical maximum reach extends to 17 million people, a more realistic weighted impact assessment suggests approximately 4.3 million people have benefited from the ripple effects of this training.

Ripple Effects: Who Benefited?

Work Colleagues
81% report improvement

Community
19% benefited



Family & Friends
90% positively impacted

Clients & Patients
50% influenced

Students
41% impacted

Net Promoter Score (NPS)

