

Certificate Examination Regulations (CER)* & Course Description

| COURSE SUSTAINABLE WELL-BEING across Personal, Professional, and Planetary Dimensions | | | | | |
|---|--|---|--------------------------------|------------------------------------|------------------------------------|
| I. COURSE DESCRIPTION | | | | | |
| Provider | Steinbeis School of Sustainable Innovation and Transformation GmbH (SIT) https://steinbeis-sit.de | | | | |
| Fields of competences | Management & Soft Skills X | Technology & Sustainability X | | | |
| Location | Berlin & online | | | | |
| Graduation | Diploma of Advanced Studies (DAS) | Certificate of Advanced Studies (CAS) | Diploma of Basic Studies (DBS) | Certificate of Basic Studies (CBS) | Short term course (MC) X |
| Description & Qualification Goals | <p>This course develops a holistic understanding of sustainable well-being across personal, professional, and planetary dimensions. It is guided by the central question of how lives and systems can be designed to support human health and well-being without creating negative consequences for organizations or the planet, and how tensions and trade-offs between these dimensions can be understood and navigated. The course introduces key conceptual frameworks such as One Health, lifestyle medicine, positive psychology, planetary boundaries) and supports learners in applying well-being principles in everyday life, work, and community contexts. Emphasis is placed on behavioral change, systems thinking, and practical action that enable resilient and sustainable lifestyles, workplaces, and social systems.</p> <p><u>Target group:</u> Mid-career professionals with responsibility for people, learning, culture, or sustainability-oriented transformation (HR / people develop., education / training, coaching / facilitation, and sustainability-related staff functions) who want to strengthen their own well-being and transfer that learning into teams, clients, learning settings, and organizational practice.</p> <p><u>Aim:</u> The course aims to enable learners to understand, apply, and promote sustainable well-being practices across individual, organizational, and societal contexts, contributing to long-term health, resilience, and environmental sustainability.</p> <p><u>Competence Building:</u> development of key transversal competences, including systems thinking and sustainability awareness; self-management and resilience; critical thinking and reflective practice; collaboration and social responsibility; adaptability and lifelong learning; and initiative and action orientation.</p> <p><u>Learning Objectives:</u></p> <ul style="list-style-type: none"> ▪ Explain key concepts and frameworks of sustainable well-being; interconnections between personal health, work environments, and ecological systems. ▪ Apply lifestyle and behavioral change strategies to improve well-being; use basic tools in personal or professional contexts ▪ Analyze factors influencing well-being at individual, organizational, environmental levels ▪ Reflect on personal and professional practices affecting well-being; assess sustainability and well-being strategies. ▪ Develop actions or initiatives that promote sustainable well-being in daily life, work, or community settings; advocate for well-being-oriented change. | | | | |
| Admission | No requirements | | | | |
| Format | Classroom & online (hybrid) | | | | |
| Language | English or German | | | | |
| Examination | Written Exam | Presentation X | Case Study X | Transfer Paper | Project Study |
| Workload | Total (hours) 30 | Seminar time 16 | Self study time 7 | Transfer time 7 | |

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| CONTENT | | SUSTAINABLE WELL-BEING across Personal, Professional, and Planetary Dimensions | | |
|--|---|---|-------------------|---------------------|
| MODULE | KEY TOPICS | Seminar (hours) | Self study (h) | Transfer (hours) |
| INTRO: A Holistic Approach to Well-being | <ul style="list-style-type: none"> ▪ shared understanding of sustainable well-being as a systems-oriented concept; core definitions of well-being, key theoretical foundations, integrative frameworks (e.g. One Health approach) ▪ How can lives and systems be designed to support human well-being without creating negative consequences for organizations or the planet, and how can trade-offs between these dimensions be understood and managed? ▪ systems perspective, highlighting the interdependence between individual, community, organizational, and environmental well-being | 2 | 0,5 | 0,5 |
| Personal Well-being | <ul style="list-style-type: none"> ▪ individual well-being as capacity for sustainable functioning in complex changing contexts ▪ habit formation and behavioral change, principles of lifestyle medicine and positive health ▪ key components of a balanced and resilient life (e.g. nutrition, physical activity, sleep, stress management, mindfulness, ...) ▪ self-awareness, recoverability, adaptive self-management | 6 | 2 | 2 |
| Professional Well-being | <ul style="list-style-type: none"> ▪ well-being in context of work & organizations, considering individual and systemic perspectives ▪ frameworks (e.g. Job Demands–Resources model) to understand how work design, organizational structures, leadership practices, and workplace culture influence well-being ▪ meaningful work, shared responsibility, practical strategies for fostering supportive environments | 3 | 2 | 2 |
| Planetary Well-being | <ul style="list-style-type: none"> ▪ Expansion of perspective to ecological dimension: planetary boundaries, human–nature interconnectedness, ecosystem health ▪ how individual and collective choices interact with larger environmental systems ▪ sustainable lifestyles & consumption patterns, shared responsibility, role of communities in supporting environmental resilience | 3 | 2 | 2 |
| OUTRO: Integrating Well-being into Everyday Life and Practice | <ul style="list-style-type: none"> ▪ reflection on learning journey, identifying concrete opportunities to apply a holistic and systems-oriented well-being approach ▪ action planning, integration across domains, and commitment to long-term behavioral and cultural change toward sustainable well-being | 2 | 0,5 | 0,5 |

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