



Sustainable Well-being

Across Personal, Professional, and Planetary Dimensions

In today's fast-changing environment, professionals must navigate growing complexity—balancing personal well-being, workplace demands, and the pressure for sustainable transformation. Yet these dimensions are typically addressed in isolation.

This course bridges that gap by integrating personal well-being, professional effectiveness, and planetary responsibility into a single, practice-oriented framework. Participants explore how habits, leadership, and organizational context interact—and how targeted changes can create measurable impact.

Within a **compact 16-hour format**, participants convert insights and tools into concrete actions that influence individual decision-making, shape workplace interactions, and support the integration of sustainability into everyday practice.

Program Delivery & Certification

The program is delivered through interactive online sessions, supported by guided reflection and practical application tasks to ensure transfer into everyday practice. Participants receive a **Certificate of Participation** upon completion.

Those who complete additional study and assessment requirements may upgrade to a formally assessed and accredited qualification, designed as a stackable element within European learning frameworks.

**Start with small changes.
Create a positive ripple effect across your life,
your work, and the wider world.**

Course Modules at a Glance



1. INTRO: A Holistic Approach to Well-being

Understand well-being as a systems concept and its role in human-centered, sustainable transformation.



2. Personal Well-being

Build resilience through sustainable habits and self-management, based on insights from **Lifestyle Medicine** and **Positive Psychology**.



3. Professional Well-being

Explore how work design, leadership, and culture influence well-being, using concepts such as **job crafting** and the **JD-R model**.



4. Planetary Well-being

Explore how daily habits connect to **ecosystem health** and **environmental systems** - and how policy, regulation, and innovation shape pathways toward sustainable living.



5. OUTRO: Integration into Everyday Practice

Translate insights into concrete actions for lasting change across life, work, and society - using practical tools, worksheets, and structured methods.

Powered by Steinbeis School of Sustainable Innovation and Transformation (SIT)

SIT, affiliated with Steinbeis University, specializes in applied learning and organisational development in complex transformation contexts. It combines systems-oriented thinking, practical implementation, and structured change approaches to build innovation and leadership capacity.

Its triple transformation model integrates sustainability, digital transformation, and behavioral change to enable long-term, systemic impact.

For group enrollments, the program can be extended with an optional Berlin study visit, offering in-person sessions and applied learning experiences.

For program setup, certification options, and tuition details, please contact us:
learning@steinbeis-sit.de

