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centre for  
positive health  
sciences

# *The Science of Health and Happiness*

**Week 9: Health & Happiness at Work**

**Follow Up – Resource Links**



**RCSI**  
UNIVERSITY  
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AND HEALTH  
SCIENCES

- WHO Framework - <https://www.who.int/publications/i/item/who-healthy-workplace-framework-and-model>
- PERMA at Work Profile - [https://www.peggykern.org/uploads/5/6/6/7/56678211/workplace\\_perma\\_profiler\\_102014.pdf](https://www.peggykern.org/uploads/5/6/6/7/56678211/workplace_perma_profiler_102014.pdf)
- Self Determination Theory Centre - <https://selfdeterminationtheory.org/theory/>
- Strengths Profile – [www.viacharacter.org](http://www.viacharacter.org)
- Ikigai Worksheets - <https://positivepsychology.com/ikigai-worksheets-templates/>