

Chief Happiness & Wellbeing Officer Masterclass

The 5R Framework: Mastering Organizational Resilience and
Leading Strategic Wellbeing as a Chief Happiness Officer

D A T E S

4th - 5th
March 2026

O N L I N E

DUBAI: 9:00 AM - 3:30 PM
MALAYSIA: 1:00 PM - 7:30 PM
LONDON: 6:00 AM - 12:30 PM
NIGERIA: 6:00 AM - 12:30 PM

Mr. Jared Ghippel

Executive Coach Wellbeing & Leadership
Development Specialist

C O U R S E T R A I N E R

✉ training@corsol.net

🌐 www.corsol.net

 **Corsol**
Corporate Solution

Chief Happiness & Wellbeing Officer Masterclass

4th - 5th March 2026 - Online

Dubai: 9:00 am – 3:30 pm (GMT+4, Gulf Standard Time)
Malaysia: 1:00 pm – 7:30 pm (GMT+8, Malaysia Time)
London: 6:00 am – 12:30 pm (GMT+1, British Summer Time)
Nigeria: 6:00 am – 12:30 pm (GMT +1, West Africa Time)

Course Overview:

This intensive 2 day masterclass equips leaders and HR professionals with strategic frameworks and evidence-based methodologies to design, implement, and sustain comprehensive wellbeing and happiness initiatives. Aligned with the UAE's National Programme for Happiness and Wellbeing, this programme integrates the proven 5R framework (Mind, Physical, Emotion, Purpose, Connection) with advanced resilience building techniques and employee engagement strategies.

Interactive case studies from United Arab Emirates organizations allow participants learn to translate happiness initiatives into measurable business outcomes: reduced absenteeism, enhanced productivity, improved retention, and sustained organizational performance. This masterclass provides actionable implementation roadmaps, measurement frameworks, and leadership strategies to position attendees as transformational Chief Happiness and Wellbeing Officers.

Key Learning Outcomes:

Strategic Leadership & Implementation

- Design comprehensive organizational happiness and wellbeing strategies aligned with UAE National Happiness Agenda and business objectives
- Demonstrate ROI for wellbeing initiatives
- Build key stakeholder engagement strategies

The 5R Framework Mastery

- Apply the 5R Framework (Mind, Physical, Emotion, Purpose, Connection) to address burnout, stress, and disengagement personally and in your team
- Implement evidence-based interventions as part of your wellness approach
- Master practical techniques such as emotional anchoring, progressive muscle relaxation, purpose-finding exercises

Resilience & Engagement Excellence

- Understand the science of resilience and develop organizational resilience-building strategies
- Create psychologically safe environments that enhance adaptive capacity
- Utilise listening strategies and assessment tools to develop multi-generational engagement strategies
- Foster cultures of recognition, appreciation, and belonging

Data-Driven Decision Making

- Understand how to utilise wellbeing assessments, pulse surveys, and analytics to inform programme design
- Translate wellbeing metrics into business language for executive reporting
- Create communication strategies to promote and sustain wellbeing initiatives

Why You Should Attend?

Transform Organizational Performance

- Boost productivity by up to 91% using evidence-based strategies
- Reduce absenteeism, quiet quitting, and turnover costs
- Build organizational resilience to navigate change and uncertainty

Gain Competitive Advantage in UAE Market

- Align with UAE National Priorities and position your organization as a wellbeing leader
- Learn from Emirates success stories and case studies
- Navigate cultural nuances of implementing wellbeing programmes in GCC region

Acquire Implementable Tools & Frameworks

- The complete 5R Framework with ready-to-use interventions
- Assessment tools, and planning templates
- Measurement systems demonstrating impact

Develop Strategic Capabilities

- Articulate wellbeing ROI to CFOs and Boards
- Master stakeholder engagement and overcome resistance
- Position yourself as a strategic business partner and profit centre

Course Facilitator

Jared Shippel

Executive Coach

Wellbeing & Leadership

Development Specialist



Jared Shippel is an accomplished people development professional with over 20 years of experience in executive, wellness, leadership, and multigenerational coaching. With graduate qualifications in Psychology and Public Health, Jared has driven high impact leadership and wellbeing programmes across technology, finance, healthcare, retail, supply chain, logistics, education, and manufacturing industries globally.

Core Expertise:

- Servant leadership development with C suite and executive teams
- Organizational listening strategies and wellness programme design
- Evidence-based coaching methodologies
- Psychological safety and culture transformation initiatives
- Large scale learning interventions for blue-chip clients

As a trusted advisor and cancer survivor, Jared brings unique authenticity and depth to wellbeing conversations. His business insight, passion, and multi-sectoral experience have proved invaluable to clients locally and internationally.

Client Testimonials:

- "Jared's 5R Renewal Programme was exactly what our organisation needed. We've seen a 40% reduction in stress-related absenteeism since implementation." Chief People Officer, Multinational Technology Firm
- "What sets Jared apart is his ability to translate complex psychological concepts into actionable strategies. His work transformed our organisational culture." CEO, Healthcare Organization
- "The 5R Framework is the most comprehensive and practical wellbeing model we've encountered. Jared's facilitation skills made the content immediately implementable." Learning & Development Lead, Retail Organisation
- "The principles shared are simple yet profound, resulting in significant improvements in productivity and focus across our teams. The tailored approach truly made the difference." HRD, Multinational Pharmaceutical Benefit Management Organisation

Chief Happiness & Wellbeing Officer Masterclass

4th - 5th March 2026 - Online

Dubai: 9:00 am – 3:30 pm (GMT+4, Gulf Standard Time)
Malaysia: 1:00 pm – 7:30 pm (GMT+8, Malaysia Time)
London: 6:00 am – 12:30 pm (GMT+1, British Summer Time)
Nigeria: 6:00 am – 12:30 pm (GMT +1, West Africa Time)

Day 1

Foundations, Strategy & The 5R Framework

Session 1: The Strategic Imperative of Happiness & Wellbeing

- Business case for happiness: Linking wellbeing to productivity and performance
- UAE National Programme for Happiness and Wellbeing alignment
- The evolving role of Chief Happiness & Wellbeing Officer
- Interactive Activity: Dubai organization wellbeing challenge analysis

Session 2: Building Your Wellbeing Strategy

- Conducting organizational wellbeing assessments and listening strategies
- Designing comprehensive strategy: Vision, objectives, key pillars
- Stakeholder mapping and securing C-suite buy-in
- Creating measurement frameworks and demonstrating ROI

Session 3: The 5R Framework - Mind & Physical

- Mind - Restore Your Mind: Neuroscience of stress, self-regulation, locus of control, mindfulness and meditation
- Techniques: 5-4-3-2-1 Grounding, Mindfulness Breathing, Cognitive Reframing
- Physical - Revitalize Your Body: Stress response, parasympathetic/sympathetic nervous system
- Technique: Progressive Muscle Relaxation (PMR)
- Experiential Exercise: Practice stress-regulation techniques

Session 4: The 5R Framework - Emotion & Purpose

- Emotion - Regulate Your Emotions: Emotional intelligence, classical conditioning, anchoring
- Technique: Emotional Anchoring (New Behaviour Generator)
- Purpose - Reinvigorate Purpose: Science of purpose, learning from great leaders, legacy thinking
- Facilitating difficult conversations leading to passion and purpose alignment
- Interactive Activity: Purpose Discovery

Programme Schedule

| | |
|---------------------|-----------------------------|
| 09:00 am – 09:30 am | Registration & Coffee Break |
| 09:30 am – 11:30 am | Course |
| 11:30 am – 12:00 am | Networking & Coffee Break |
| 12:00 am – 01:30 pm | Course |
| 01:30 pm – 02:30 pm | Networking & Luncheon |
| 02:30 pm – 03:30 pm | Course |

Day 2

Resilience, Engagement & Implementation

Session 1: Building Organizational Resilience

- Defining resilience: Individual, team, organizational levels
- Science of resilience and adaptive capacity
- Psychological safety as a foundation of resilient organizations
- Building resilience in multigenerational and multicultural workforces
- Workshop: Resilience capacity assessment and action planning

Session 2: The 5R Framework - Connection & Integration

- Connection - Reconnect with Yourself & Others: Relationships, isolation, Gap Theory, inclusion
- Dealing with cliques, groupthink, bias, and stereotypes
- Building authentic connection in virtual, hybrid, and office environments
- Integration: Stephen Covey's 7 Habits linking all 5R elements
- Interactive Activity: Connection-building exercises and inclusion simulation

Session 3: Mastering Employee Engagement

- The engagement equation and diagnosing engagement gaps
- Recognition, appreciation, and meaningful work
- Engaging across generations: Boomers to Gen Z
- Manager's role as engagement champions
- Emirates Case Study: DEWA and Dubai Government engagement strategies
- Workshop: Design engagement intervention for specific employee segment

Session 4: Implementation, Change Management & Impact Measurement

- Creating 90-day, 6-month, and 12-month implementation roadmaps
- Change management and overcoming resistance
- Communication strategies: Building awareness and adoption
- Wellbeing KPIs, pulse surveys, and analytics
- Reporting to leadership: Translating data into business narratives
- Final Workshop: Complete personalized action plan

Session 5: Masterclass Conclusion

- Key takeaways and commitments to action
- Certificate presentation

Who Should Attend?

- Chief Happiness Officers and Wellbeing Leaders
- HR Directors, VPs, and C-suite HR leaders
- Talent & Culture Leaders and Employee Engagement Specialists
- Learning & Development Managers
- CEOs and Senior Executives committed to culture transformation
- Organizational Development Consultants and Executive Coaches
- Corporate Wellness Coordinators and Mental Health Champions

Chief Happiness & Wellbeing Officer Masterclass

4th - 5th
March 2026

Online

Dubai: 9:00 am – 3:30 pm (GMT+4, Gulf Standard Time)
Malaysia: 1:00 pm – 7:30 pm (GMT+8, Malaysia Time)
London: 6:00 am – 12:30 pm (GMT+1, British Summer Time)
Nigeria: 6:00 am - 12:30 pm (GMT +1, West Africa Time)

Registration Form

Please fill & sign below form & send us on
training@corsol.net

Delegate 1
Name : _____
Job title: _____
Email: _____
Mobile: _____

Delegate 2
Name : _____
Job title: _____
Email: _____
Mobile: _____

Delegate 3
Name : _____
Job title: _____
Email: _____
Mobile: _____

Delegate 4
Name : _____
Job title: _____
Email: _____
Mobile: _____

Delegate 5
Name : _____
Job title: _____
Email: _____
Mobile: _____

Note: In case of 6 or more nominations make a duplicate of this form & fill in the details.

ORGANIZATION DETAILS:

Company : _____
Address: (to be used on invoice): _____

Telephone: _____
Country: _____

AUTHORIZED BY:

Signature: _____
Name: _____
JobTitle: _____
Email: _____
Date: _____

PAYMENT DETAILS:

Credit Card Holder's Details - To send Payment Link
First Name: _____
Last Name: _____
Email: _____
Country: _____

Event Code: **CS-CHW-010**

Course Fee

Registration Fees:

- Book 1 delegate Pay USD 1,295/delegate
- Book 2 or 4 delegates Pay USD 1,095/delegate
- Book 5 or more Pay USD 895/delegate

(All pricing excludes all taxes)

Payment Mode:

- Payments will be made by **Credit Card** or by **Bank transfer**, an Invoice will be sent soon after we receive the signed & filled registration form.
- Payment is required within **5 working days** after the receipt of the invoice.
- Payment must be received in full prior to the Course Origination.

Terms & Conditions:

- 1) Fee Includes (For Face 2 Face Training): the course fee covers all course material, lunch & refreshments. Please note that hotel accommodation is not included in the course fee.
- 2) Fee Includes (For Virtual Training): the course fee covers the live course session & the course material soft copies along with Certificates of Attendance.
- 3) Payment terms: Payments are required within 5 working days from the date of receipt of an invoice; all payments should be transferred by Credit Card/bank transfer to the Corsol International account. A receipt will be issued as payment is received.
- 4) Cancellation /Substitution Policy: Cancellation is only acceptable if submitted to us by email & will be subject to charges, cancellation received 60 days prior to the event 25% of the training fee will be charged, 30 Days prior to the event 50% of the training fee will be charged, 15 days prior to the event 75% of the training fee will be charged, 7 days prior to the event 100 % of the training fee will be charged. Substitution is the best option to avoid cancellation, as the cancellation is required in writing via email likewise Substitution is also required by email with complete details of the substituted delegates (Name, Position, Email & Mobile).
- 5) In the case of No Show, clients cannot claim any refund, & are not entitled to claim the Credit Voucher.
- 6) Cancellation by a paid client; does not subject to any cancellation charges, Corsol International will either accept the substitution or will provide a Credit Voucher of the Invoice amount which can be utilized in any of our future training, with validity up to 6 months.
- 7) Every possible effort is made to incorporate the event as it campaigns, however, due to any unforeseen circumstances Corsol International reserves the right to change the venue, location, and trainer. Also due to unforeseen circumstances, the event may be canceled or postponed, in this case, the paid delegate(s) Corsol International will process & refund the full amount, less the bank/service charges up to 5 % or less.
- 8) While all topics shown in this brochure will be covered in the course, the facilitator/instructor reserves the right to restructure and delivers them in a different order or sequence.
- 6) The client is considered aware of all the above terms and conditions, as they sign on this registration form & Corsol International will not be responsible for any expectation or monetary loss as indicated above.