

The Workplace PERMA-Profiler

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The Workplace PERMA-Profiler is designed to assess wellbeing according to Seligman’s PERMA model, which includes “Five core element[s] [related to] psychological well-being and happiness” (Pascha, date, page no.). These elements are positive emotions (feeling good), engagement (finding flow), relationships (authentic connections), meaning (purposeful existence), and achievement (sense of accomplishment). The survey also takes into account the importance of health and the frequency of negative emotions. Participants respond to 23 self-report questions on a 10-point Likert

scale from *not at all* to *completely*. To use this profiler without charge requires completion of a wellbeing measures registration form found at www.peggykern.org/questionnaires.html.

Pros for Schools

Cons for Schools

23 questions

Translated into Japanese

Suggestions for Further Research

Pascha, M. (2018). The PERMA Model: Your scientific theory of happiness. Positive Psychology Program: Your One-Stop PP Resource! <https://edtechbooks.org/-nLV>

Kern, P. (n.d.). Questionnaires. Peggy's Website, www.peggykern.org/questionnaires.html.

Watanabe, K., Kawakami, N., Shiotani, T., Adachi, H., Matsumoto, K., Imamura, K., Matsumoto, K., Yamagami, F., Fusejima, A., Muraoka, T., Kagami, T., Shimazu, A. & Kern, M. L. (2018). [The Japanese Workplace PERMA-Profiler: A validation study among Japanese workers](#). *Journal of occupational health*, 60(5), 383-393. doi:10.1539/joh.2018-0050-OA

ASSESSING
WELLBEING
IN SCHOOLS

*An Educator's Practical Guide to
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



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