


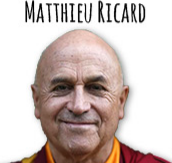











POSITIVE PSYCHOLOGY PRACTITIONER CERTIFICATE (PPPC)

TRANSFORMATION IN ACTION

| | | |
|---|---|---|
|  SONJA LYUBOMIRSKY |  LEA WATERS |  BARBARA FREDRICKSON |
|  MATTHIEU RICARD |  RYAN NIEMIEC |  JAMES AND SUZIE PAWELSKI |
|  ITAI IVTZAN |  KIM CAMERON |  ANTONELLA DELLE FAVE |
|  SUZY GREEN |  MIKE STEGER |  CRYSTAL PARK |

POSITIVE PSYCHOLOGY PRACTITIONER CERTIFICATE

STUDY WITH THE BEST



The Positive Psychology Practitioner Certificate (PPPC) offers you an innovative and groundbreaking positive psychology course. This course is focusing on positive change, inviting you to apply positive psychology interventions for a variety of groups and individuals. At the heart of the PPPC is a unique collaboration of 12 world leading positive psychologists, each teaching a different topic thereby covering all prominent areas of positive psychology. This will be the first time these leaders have taught together, creating an exciting positive psychology course.

MODULE 1: MAY 2019



BARBARA FREDRICKSON

POSITIVE EMOTIONS
AND LOVE 2.0

Barbara L. Fredrickson, Ph.D., earned her doctorate from Stanford University. She is currently Kenan Distinguished Professor at the University of North Carolina at Chapel Hill, with appointments in Psychology and the Kenan-Flagler School of Business. She is also Director of the Positive Emotions and Psychophysiology Laboratory (a.k.a., PEP Lab). Fredrickson is a leading scholar within social psychology, affective science, and positive psychology, and has been awarded more than 16 consecutive years of research funding from the National Institutes of Health. Her research and teaching have been recognized with numerous honors, including the American Psychological Association's inaugural Templeton Prize in Positive Psychology in 2000, the Society for Experimental Social Psychology's Career Trajectory Award in 2008, and the inaugural Christopher Peterson Gold Medal in 2013, which is the highest honor bestowed by the International Positive Psychology Association.

Her work is widely cited and she is regularly invited to give national and international keynotes. Fredrickson's 2009 book, *Positivity*, describes the relevance of her 20-year research program on positive emotions has for a general readership. Her 2013 book, *Love 2.0*, offers a fresh and practical perspective on this most vital human emotion. She lives in Carrboro, North Carolina with her husband and two sons.

POSITIVE EMOTIONS AND LOVE 2.0

This module not only showcases some of the latest scientific work in the field of positive psychology from my own and others' laboratories, it also highlights practical applications of this science that you can put to use immediately. Together we will "lift the hood" of positive psychology to discover the tiny engines that drive it. Positive emotions, often subtle and always fleeting, are remarkably consequential – psychologically, socially, and physically. Module topics include creativity and resilience, love and connection, flourishing and physical health. By taking this module, you will become conversant with leading-edge theories and evidence directly from the PEP Lab (Positive Emotions and Psychophysiology Laboratory), including work that measures the benefits of positive emotions for your heart and your immune system.

▼ Session 1: Positive Emotions

This session will introduce you to the science of emotions, ten distinct positive emotions, and the Broaden-and-Build Theory of positive emotions. You will encounter evidence that supports the role of positive emotions in expanded awareness, flexible and creative thinking, resilience, and trajectories of personal growth.

▼ Session 2: Positive Connections

This session will introduce you to the science of high-quality social connections and Positivity Resonance Theory. You will encounter evidence that underscores the impact of shared positive emotions, mutual care and concern, and the behavioral and biological synchrony of relationship quality with both mental and physical health.

▼ Session 3: Upward Spiral of Lifestyle Change

This session will introduce you to the science of behavior change and the Upward Spiral Theory of Lifestyle Change. You will encounter evidence that underscores the centrality of emotions and nonconscious motives in driving behavioral changes that have lasting benefits for well-being.

▼Live Webinar: The Role of Positive Emotions in Positive Psychology

This is your chance to learn about the most recent advances in the science of positive emotions directly from Dr. Barbara Fredrickson, one of the leading theorists and researchers in this field. Bring the questions you may have about any prior material that remains unclear as well as your ideas for putting discoveries into action to enhance both your own well-being and that of people in your community.



MODULE 2: JUNE 2019



RYAN M. **NIEMIEC**

THE POWER OF CHARACTER STRENGTHS

Dr. Ryan M. Niemiec is a leading figure in education, research, and practice on the character strengths found in all human beings. Ryan is the author of several books including *Character Strengths Interventions*; *Mindfulness and Character Strengths*; *Movies and Mental Illness*; and *Positive Psychology at the Movies*. Ryan is education director of the VIA Institute on Character, a global, non-profit organization in Cincinnati, Ohio, that leads the way in advancing the science and practice of character strengths. Ryan is an award-winning psychologist, an annual instructor at the University of Pennsylvania, and Fellow of the International Positive Psychology Association.

As a frequent keynote presenter and workshop leader, he has given several-hundred presentations on positive psychology topics across the globe. He is also the creator of Mindfulness-Based Strengths Practice (MBSP), the first mindfulness program to target what is best in human beings and the first program to systematically build character strengths. He has authored hundreds of articles for the general public on character strengths and more than 60 scholarly articles/chapters.

Ryan lives with his wife and three kids (all 6 and under) in the Cincinnati area. He is an avid collector of Pez dispensers, a passionate fan of *The Walking Dead*, and a zealot for Michigan State athletics. His greatest strengths are hope, love, curiosity, honesty, fairness, and the appreciation of beauty.

THE POWER OF CHARACTER STRENGTHS

You are a person of character. In fact, each of us is. Modern research shows that you have within you, to varying degrees, 24 strengths of character that make you “uniquely you.” These strengths include bravery, curiosity, gratitude, fairness, love, perseverance, self-regulation, and hope, to name a few. Imagine that! You have all of these qualities of goodness and strength within you. Some of these strengths may have already developed and flowered within you, and you are now expressing them strongly in your work and in your relationships. Other strengths may be dormant, waiting for you to notice them or to refocus your attention upon them. However, some strengths may have never gotten any deliberate attention from you and are now wilting away.

Hundreds of research studies over the last few years have uncovered the many benefits associated with character strengths such as resilience, life meaning, work productivity, stronger relationships, better health, less depression and stress, and greater happiness.

This module will help you understand what character strengths are, how they differ from other kinds of strengths such as your abilities, skills, and interests, and how to develop them to make the most of your life. There will be an emphasis on offering highly practical tools, grounded in science, that can be used immediately.



▼ **Session 1: What are Strengths, Why Do They Matter, and How Do You Use Them?**

Your character strengths are at the center of your identity. They give you an immediate answer to life's complex question: Who are you? They help you to not only understand yourself but to express yourself fully and authentically in your relationships, work, and community. We will explore how all of us can begin to challenge our negative mindset, overcome many of our blind spots, and begin using our best qualities to create an optimal life.

To get the most out of this session (and those that follow), it is recommended you take the free, validated VIA Survey that measures your character strengths. This is widely considered the most popular and useful test in the field of positive psychology. It will take you approximately 15 minutes to complete and can be found at www.viacharacter.org

▼ **Session 2: Your Unique Signature Strengths**

One of the strongest activities that exist in the field of positive psychology involves the awareness and use of your highest character strengths, also referred to as signature strengths. Using your best qualities in a thoughtful way has been shown to boost happiness and decrease depression. This session will help you understand and appreciate your signature strengths. Part of the focus will be on how to develop a “strengths practice” in your life.

▼ **Session 3: Character Strengths - Your Pathway to Fulfilment and Well-Being**

Character strengths can be developed. We will bring this new research discovery to life by exploring the many ways you can use your 24 strengths. A handful of strengths have also been shown to be particularly connected with happiness and others with fostering positive relationships. We will explore some of these strengths and offer tips for implementing them in your daily life.

▼ **Live Webinar: Strengths across Success and Adversity, with Q & A**

Through an examination of the use of strengths in looking backward, forward, and in the present moment, we will identify six functions that will help you create positive opportunities in your life as well as manage times of adversity. This short segment will be followed by a general Q & A on anything from this module or the larger field of positive psychology and well-being.

MODULE 3: JULY 2019



ITAI IVTZAN

MINDFULNESS IN POSITIVE PSYCHOLOGY: THE ADVENTURE OF MEDITATION AND FLOURISHING

Dr Itai Ivtzan is passionate about combining psychology and spirituality. He proclaims it makes his heart sing. He is convinced that if we embrace both psychology and spirituality and successfully introduce them into our lives, we will all become super-heroes and gain the super-strengths of awareness, courage, resilience, and compassion. Isn't this an amazing prospect? Dr. Itai Ivtzan is a positive psychologist, a Professor at Naropa University, and teaches and conducts research on the MA in Clinical Mental Health Counselling: Mindfulness-Based. He is also an honorary senior research associate at University College London (UCL).



Over the past 20 years, Dr. Ivtzan has run seminars, lectures, workshops, and retreats in the UK, US, and around the world at various educational institutions and at private events. He is a regular keynote speaker at conferences. He published several books as well as many journal papers and book chapters. His main areas of research are in positive psychology, mindfulness, and spirituality. Dr. Ivtzan is confident that mindfulness meditation has the power to change individuals – in fact, whole societies – for the better. Accordingly, he has invested much time into studying mindfulness academically, writing books about it, teaching it, and training mindfulness teachers. He is the author/co-author of:

- *Awareness is Freedom: The Adventure of Psychology and Spirituality*
- *Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing*
- *Second Wave Positive Psychology: Embracing the Dark Side of Life*
- *Applied Positive Psychology: Integrated Positive Practice*

IMINDFULNESS IN POSITIVE PSYCHOLOGY: THE ADVENTURE OF MEDITATION AND FLOURISHING

Mindfulness meditation is one of the most popular interventions in psychology, interest in which has grown year after year. Positive psychology is the fastest developing branch of psychology, whose expanding journey into the investigation of human flourishing has attracted great interest. What happens when these two transformative disciplines are brought together?

In this module, you will learn about fascinating points of convergence between mindfulness and positive psychology, including both theoretical questions and exciting practical exercises. We will explore various mindfulness programs focused on facilitating positive transformation, such as meaning, compassion, positive emotions, and gratitude. These programs are flourishing-focused, thereby embodying the spirit of positive psychology.

The combination of mindfulness and positive psychology enhances the positive change each of these areas offers separately, providing you with an effective and practical approach to positive transformation.

▼ **Session 1: What is Mindfulness and why is it a beneficial wellbeing practice?**

In this first session, we discuss mindfulness and its relevance to psychological wellbeing. We define mindfulness, explore its mechanisms, and evaluate ways in which it changes our relationship with ourselves and the world around us. We explore a number of research studies that show the power of presence, which is offered by the practice of mindfulness. Finally, we contemplate the difference between formal and informal practice of mindfulness, while discussing ways for us to apply both and enjoy the benefits.

▼ **Session 2: Mindfulness in Positive Psychology - The Mindfulness-Based Flourishing Program**

In this session, we discuss the relationship between mindfulness and positive psychology. Why is it that mindfulness, up until now, has been implemented in the West almost exclusively within the context of psychological deficiencies (stress, anxiety, depression)? How can we transform mindfulness research and teaching so that it also covers the way mindfulness increases positive attributes such as happiness, compassion, resilience, and gratitude? As part of this session, we explore the Mindfulness-Based Flourishing Program (MBFP), which is a positive mindfulness program. This is an 8-week program combining mindfulness with self-awareness, positive emotions, self-compassion, strengths, positive relationships, and other aspects of positive psychology. The program has been researched extensively and has yielded excellent results in improving psychological and physiological wellbeing. As part of this session, I will discuss the theoretical concept of the “positive mindfulness cycle”, explaining the mechanism through which mindfulness and positive psychology enhance each other. To supplement this, we will practice different exercises from the program.

▼ **Session 3: Mindfulness Enhancing Meaning and Purpose in Your Life**

Establishing meaning in life is one of the greatest gifts we can offer ourselves. Research in positive and existential psychology shows that people who experience high levels of personal meaning are happier and more grateful, passionate, and kind. However, there are still fascinating questions that remain regarding the process of finding our own personal meaning in life.



In this session, I present mindfulness as the factor I consider the most important in our journey towards deepening our sense of meaning and purpose. I will discuss the relationship between Mindfulness and meaning and explain why and how one allows the other to grow and flourish. Life is a constant process of change: as you change, so does your sense of meaning. In this sense Mindfulness becomes a precious companion to meaning: if you practice Mindfulness, you will develop self-awareness. You will become aware of what is right for you. You will be able to find what moves within you and align your choices accordingly. This is an incredible skill because it means that your personal meaning will remain fresh, relevant, authentic and firmly rooted in the present experiences of your life.

▼ **Live Webinar: Positive Mindfulness - Where are we now, where are we heading, and Q&A.**

This final, live session will delve deeper into some of the topics discussed during this module. Advanced practices will be offered while providing practical advice regarding the implementation of positive mindfulness in your every-day life. As part of this session, we are also going to dedicate time to Q&A, allowing you to share your thoughts and questions.



MODULE 4: AUGUST 2019



LEA WATERS

POSITIVE EDUCATION:
TRANSFORMING
CHILDREN, PARENTS,
AND SCHOOLS

Professor Lea Waters, Ph.D., is a psychologist, researcher, consultant, author, and public speaker. She works to bring positive psychology to children, teenagers, parents, schools, and organizations to enhance people's mental health and help them reach their full potential.

Lea has been a registered psychologist for 22 years and is the first Australian to be appointed as a Professor in Positive Psychology. She currently holds the Gerry Higgins Chair in Positive Psychology at the University of Melbourne and was the founding Director of the Centre for Positive Psychology at the University of Melbourne (2009 to 2016) where she has been a researcher for 20 years.

Lea is the president-elect of the International Positive Psychology Association, has affiliate positions with Cambridge University and the University of Michigan, and has been listed in the Marquis 'Who's Who in the World' since 2009.

POSITIVE EDUCATION: TRANSFORMING CHILDREN, PARENTS, AND SCHOOLS

Positive education is an applied science that weaves contemporary research from positive psychology into educational practice with the aim of supporting student wellbeing. Join me for this module to explore the growth of both science and practice in positive education. We will explore how this field is spreading across the world and will discuss and practice three distinct PPIs (Positive Psychology Interventions) that are having a positive impact on student wellbeing and academic outcomes: gratitude, mindfulness, and strengths. Importantly, we will consider the ways in which these three PPIs can support the mental health and relational wellbeing of teachers and school leaders.

Session one: Introduction to Positive Education

Although school-based mental health interventions have existed since the early 1930s, the newer field of positive education has extended the aims of such interventions beyond the reaction and prevention of illbeing (e.g., reducing student stress, bullying, and anger management) to encompass the promotion and enhancement of wellbeing (e.g., building hope, pro-social skills, and happiness). This session will explore the broad range of factors that have fostered the rise of positive education, including rising rates in youth mental illness across the globe, calls from international agencies for a broadening of the purpose of schools, and the evidence base showing a link between wellbeing and academic outcomes.

Session two: Bringing an Apple to School - The Power of Gratitude

Gratitude refers to our ability to notice and appreciate the good things in life. Cicero (106-43BC) is quoted as saying "Gratitude is not only the greatest of all virtues, but the parent of all virtues." Two decades of research has shown that gratitude boosts the wellbeing of both the giver and receiver of gratitude and helps to build happy, supportive relationships. Research also shows that gratitude can be cultivated through practice which makes it ideal for teaching in schools. In this session, we will explore the implementation of gratitude-PPIs in schools and review concrete

examples of how schools are supporting students, teachers, and leaders to develop 'an attitude of gratitude'.

▼ **Session three: Teaching Stillness in Schools - The Role of Mindfulness and Meditation**

Schools are busy, stressful places where positive education is making inroads through the teaching of mindfulness and meditation techniques (e.g., transcendental meditation, Tai chi, yoga). Mindfulness is defined by John Kabat-Zinn as a state of present-moment awareness that emerges through paying deliberate attention, without judgment, to one's moment-by-moment experiences. Teachers have observed that, after practicing mindfulness, students are more relaxed and settled in classes which fosters a positive classroom environment. Students themselves report reductions in stress after engaging in mindfulness or meditation. In addition to the benefits for wellbeing, some research has also shown that teaching mindfulness and meditation to students enhances pro-social skills and compassion for others. However, although research has shown a positive link between mindfulness and academic outcomes, the overall evidence is inconclusive and further research needs to be conducted.

▼ **Live Webinar: Strengths-based School - Bringing out the Best in Students and Teachers**

One of the major topics of study in positive psychology is that of strengths, which are defined as "pre-existing qualities that arise naturally, feel authentic, are intrinsically motivating to use and energizing." A number of strength-based programs have been developed for schools including those that target a broad range of strengths and those that target one specific strength (e.g., hope). The most popular taxonomies of strengths used in schools are the Values in Action (VIA) and the Gallup Strengths Finder. In this session, we will explore evidence for the use of strength-based programs from schools in the USA, Portugal, Australia, Israel, and the UK. We will also look at the impact a strength-based approach has on teachers and school leaders.

MODULE 5: SEPTEMBER 2019



**KIM
CAMERON**

POSITIVE
ORGANIZATIONS
AND LEADERSHIP

Kim Cameron is William Russell Kelly Professor of Management and Organizations in the Ross School of Business. His past research on organizational behavior has been published in more than 130 academic articles and 15 scholarly books. His current research focuses on characteristics of virtuousness in and of organizations - such as forgiveness, gratitude, kindness, and compassion -- and their relationship to performance. He is recognized as being among the top ten organizational scholars in the world whose work has been most frequently downloaded on Google. His latest books include the Oxford Handbook of Positive Organizational Scholarship (Oxford University Press), Positive Leadership (Berrett Koehler), and Practicing Positive Leadership (Berrett Koehler).

POSITIVE ORGANIZATIONS AND LEADERSHIP

In this module, you are invited to experience three main topics: the effects of positive leadership, the effects of virtuousness, and the effects of positive energy - each of which highlights the importance of positive practices in accounting for organizational and individual performance. We will also discuss case examples of the impact of positive leadership and explain why positive leadership leads to a dramatic improvement in organizations. Within this module, I will present several empirical studies investigating the positive psychology factors that lead to significant improvement in multiple types of organizations. The overall goal of the module is to highlight some practically-applicable and empirically-based tools and techniques that can assist any organization in improving both performance and the wellbeing of employees.

Session 1: Positive Leadership - The Impact of Positive Practices on Organizational Performance

This session provides several case examples of the impact positive leadership can have on organizational performance. These will be taken from four different organizations in the public sector, in education, in health care, and in financial services. Each has achieved spectacular success that has been attributed to the implementation of positive leadership. Evidence from several empirical studies is also presented to support the power of positive practices in organizations.

Session 2: The Heliotropic Effect - Why Individuals and Organizations Thrive When Experiencing Virtuousness

In this second session, I provide an explanation of the heliotropic effect—an inclination in all living systems toward that which is life-giving and away from that which is life-depleting. Empirical evidence is presented to demonstrate the impact of positive dynamics on individuals and on organizations. Virtuous actions - the best of the human condition and the highest aspirations to which human beings aspire - help explain why individuals and organizations can achieve extraordinarily successful performance.

Session 3: Positive Energy - A Largely Unmanaged Resource in Organizations

In this third session, I highlight the importance of positive energy - especially positive relational energy - in affecting organizational and individual performance. Energy is an under-utilized and under-managed resource in organizations, yet it is among the most important factors in accounting for outstanding organizational and individual success.

▼ Live Webinar: Fostering Positive Organizational Performance through Positive Leadership

This presentation summarizes the material covered in the three recorded sessions and elaborates and expands the concepts and practices that lead to an outstanding performance in organizations. Interactive activities and discussions will be incorporated into the presentation so that you, the student, will leave with an expanded repertoire of positive leadership practices that have been shown to produce significant improvements in individual and organizational performance.

MODULE 6: OCTOBER 2019



JAMES & SUZIE PAWELSKI

HAPPY TOGETHER:
HOW POSITIVE
PSYCHOLOGY CAN
HELP IMPROVE
RELATIONSHIPS

James Pawelski, Ph.D., is Professor of Practice and Director of Education in the Positive Psychology Centre at the University of Pennsylvania where he co-founded the Master of Applied Positive Psychology Program with Martin Seligman. The Founding Executive Director of IPPA, he is currently leading a three-year, multi-million-dollar grant investigating connections between the science of well-being and the arts and humanities. An international keynote speaker, he has presented in more than 20 countries on 6 continents, including “Romance and Research” (TM) workshops with his wife Suzie. He is frequently featured in the media, including the New York Times, U.S. News and World Report, Philadelphia Inquirer, and The Today Show.

Suzann (“Suzie”) Pileggi Pawelski has a Master of Applied Positive Psychology degree from the University of Pennsylvania. She is a freelance writer and well-being consultant specializing in the science of happiness and its effects on relationships and health. Her 2010 *Scientific American Mind* cover story, “The Happy Couple,” was the catalyst for this book. Suzie blogs for *Psychology Today* and writes the “Science of Well-being” column for *Live Happy*, where she is also a contributing editor. She has given “Romance and Research” (TM) workshops around the world with her husband James. Previously, she directed award-winning media relations campaigns for Fortune 500 clients, worked in publicity at Radio City Music Hall, and was an associate producer for HBO *Downtown Productions* and *The Joan Rivers Show*.

IHAPPY TOGETHER: HOW POSITIVE PSYCHOLOGY CAN HELP IMPROVE RELATIONSHIPS

We will explore how the science of positive psychology can help us strengthen our relationships. While the concepts we discuss can be applied to all kinds of relationships —those with our friends, family members, significant others, and business colleagues — many of the examples we use will come from our work on romantic relationships.

The way relationships are often portrayed in popular culture does a disservice to many. For example, in fairy tales and films, lasting love seems to happen without any effort. However, in real life, research shows that it is healthy habits that lead to long-term love. In this module, based on our book, *Happy Together*, we will discuss how to practice using the principles of positive psychology to create thriving relationships. We will discuss the importance of finding and feeding the good in yourself and others rather than focusing on problems. In other words, we will focus on what is going well in your relationships, rather than on what is wrong. While sometimes it is necessary to work on fixing problems, many of us overwhelmingly focus our attention on avoiding and eradicating the things we do not like in others. We need to adopt a more balanced approach. It is equally as important to focus on seizing opportunities and cultivating what we do want in our relationships. In this module, you will develop key habits that will enable you to build stronger bonds and a love that lasts by learning the difference between a healthy and an unhealthy passion, understanding the importance of practicing positive emotions and savoring, and identifying your strengths and those of your partner and applying them to your relationship.

▼ Session 1: Is Love all you Need?

How do you get to live happily ever after? We will talk about the philosophy and psychology behind strong relationships and love that lasts. We will examine some of the characteristics of a healthy relationship. We will begin with ancient wisdom by discussing what Aristotle had to say about cultivating good friendships and how we can apply his ideas towards building love that lasts. We will also talk about the importance of passion. Positive psychology research shows that is not just how much passion you have that is important but having the right kind. The wrong kind of passion can actually be damaging to a relationship, whereas the right kind can help it to thrive. We will discuss how to identify and promote a healthy passion and explore fun ways to do so.

▼ Session 2: The Importance of Practicing Positive Emotions & Slowing Down to Savor Experiences Together

We will discuss how positive emotions not only feel good, they are good. While some positive emotions are fleeting, they can have long-term consequences in our relationships by making us more resilient and open to new experiences. Positive emotions are not merely indicators that things are going well; they can also help us take actions that will enable the relationship to thrive. Most couples experience a high frequency of positive emotions early on in the romantic relationship but tend to experience fewer as their relationship develops. We will discuss ways to actively cultivate positive emotions in ourselves and towards our partner. Additionally, we will learn how to slow down to practice the science of savoring to help us leverage these uplifting moments and experiences in all our relationships.

▼ Session 3: How Seeking out Strengths Together Can help us Stay Happy Together

Positive psychology researchers have identified twenty-four unique strengths that have been valued across time and cultures, including creativity, kindness, zest, and love of learning. We all have a fascinating configuration of strengths--which, along with our personalities, experiences, and upbringing, are part of what makes us unique. At the beginning of any relationship, it is easy to see strengths in one another. In fact, these strengths are often what initially attracts us to that person. However, what begins as intriguing differences often seem to become annoying deficits as time passes. We will therefore emphasize the importance of remembering to see our friends and significant others through the lens of strengths. To do this, we will learn how to identify our strengths and those of others, and then practice using these in our relationships to build stronger bonds.



▼ Live Webinar: It Takes Two to Make a Thing Go Right

We see relationships as a dance where, to go well, both initiation and response must be carried out successfully. The same principle applies in all kinds of relationships where an ongoing interaction takes place involving a complex network of initiations and responses. How we act and respond can have very different consequences for our relationships. In this session, we will discuss the Interaction Model of Relationships and explore how this can be used to improve your relational dance. We will also address your questions in a Q&A session.



MODULE 7: NOVEMBER 2019



CRYSTAL PARK

BEYOND SURVIVING:
RESILIENCE AND
THRIVING FOLLOWING
ADVERSITY

Throughout her entire career, Professor Park has found inspiration in the profound human ability to endure tremendous adversity without breaking - and often even thrive in the midst of it. In directing the Meaning, Spirituality and Health Lab at the University of Connecticut, she identifies what distinguishes people who are resilient and can recover and even grow in positive ways in the face of major life stressors - such as serious illness, sexual assault, and combat - from those who succumb. These insights can be leveraged to help people develop skills to better manage whatever life throws at them. She disseminates this work through both speaking engagements and scholarly articles (in over 250 peer-reviewed publications) and books (most recently an author of *Trauma, meaning, and spirituality: Translating research into clinical practice*).

BEYOND SURVIVING: RESILIENCE AND THRIVING FOLLOWING ADVERSITY

Living necessarily involves encountering adversity, major stressors, and daily hassles. Positive psychology provides conceptual and empirical perspectives on how we can not only cope effectively and recover from adversity but on how we can be resilient to it, bouncing back and even developing in positive ways in its aftermath. Resilience is a dynamic process that unfolds over time; people can become more resilient by increasing their resources and skills. Beginning with current theoretical and practical models of how to characterize resilience, this module presents current research identifying key protective resources and skills that promote resilience and thriving. We will review applications and interventions that can help individuals to better manage stressful experiences and thrive. The good news is that while we cannot avoid adversity, we can learn to become more resilient.

▼ Session 1: What is resilience? How is it related to post-traumatic growth?

It turns out that defining resilience is tricky - some researchers think of it as a trait or quality of a person, while other researchers define it as a process that unfolds over time. Further, resilience is sometimes considered as a return to baseline, while other times as signifying a higher level of functioning or post-traumatic growth. In this module, we will examine the implications of these different ways of thinking about resilience and how to think about both the factors that lead to resilience in a given stressful situation and the ways we can capture the dynamic qualities of resilience as it occurs.

▼ Session 2: Risk-protective and resilience-promotive factors

Recent research has identified key factors that underlie individuals' abilities to respond resiliently to adversity. In this module, you will learn more about these critical personal and social resources and self-regulatory skills that facilitate people to respond resiliently and to grow in positive ways following stressful experiences.

▼Session 3: Promoting resilience and thriving

Based on our understanding of the factors that promote resilient responding, we will review what we know about how to help ourselves and others to become more resilient when facing different types of adversity. This module will describe state-of-the-science research on interventions that lead to resilience and thriving following stressful life situations.

▼Live Webinar: Taking a closer look at resilience and thriving

In this live session, we will dive a bit deeper into some of the core topics discussed in sessions 1 to 3 and their implications for creating a healthier personal life and for helping others. In an extended Q & A period, you have an opportunity to share your thoughts and ask me questions that you may have regarding adversity, coping, resilience, thriving, and stress-related growth.



MODULE 8: DECEMBER 2019



ANTONELLA DELLE FAVE

INTEGRATING POSITIVE
PSYCHOLOGY AND
HEALTH

Antonella Delle Fave, an MD specializing in Clinical Psychology, is a professor of Psychology at the Medical School, Università degli Studi di Milano, Italy. Her research work is centered on the study of psychological indicators of mental health and fluctuations in daily experience across cultures and among individuals experiencing conditions of chronic disease, diversity, and adversity. She has developed several intervention projects in the domains of health and education.

Together with international partners she launched and implemented the project “Eudaimonic and Hedonic Happiness Investigation”, aimed at identifying well-being components across cultures. She is currently conducting research and clinical studies aimed at integrating the bio-psycho-social perspective of Western medicine with the traditional Indian view of health and disease.

She has contributed to the development of positive psychology as a founding member and President of the International Positive Psychology Association (IPPA), the European Network of Positive Psychology (ENPP), and the Società Italiana di Psicologia Positiva (SIPP).

She has authored several scientific articles and books and is a member of the editorial board of several international journals. Since 2010, she has been Editor in Chief of the Journal of Happiness Studies.

POSITIVE HEALTH: PHYSICAL, PSYCHOLOGICAL AND SOCIAL COMPONENTS

The traditional biomedical approach to health and disease predominantly focuses on the biological and thus objective aspects of health conditions. While this approach has given a great impetus to advancements in the medical sciences, its limitations were initially highlighted by Engel, who claimed the need for a bio-psycho-social model centered on the patient as a person with a cultural background and a subjective experience of health, disease, and quality of life. Several studies were conducted with the aim of identifying and quantifying subjective indicators of positive health, and intervention models were developed to preserve and promote health in the general population as well as in persons with chronic diseases, family caregivers, and helping professionals. This module will illustrate recent developments in this domain, specifically emphasizing the most relevant contributions provided by positive psychology in relation to health.

▼ Session 1: Health, Mental Health, Bio-Psycho-Social Health - The Evolution of a Complex Concept

Scientific advancements in the medical field and growing investment and resources in social services have substantially increased life expectancy in most countries. A major outcome of these changes is the so-called epidemiological paradox: the number of years that people spend living with chronic diseases and mental disorders has also dramatically increased. This has made researchers, professionals, and policymakers aware of the need for a proper understanding of health in all its multiple facets, and for implementing resources to maintain and improve citizens' health across daily contexts and throughout the lifespan.

▼ **Session 2: How to Deal with the Experience of Disease: Individual and Family Resources**

Most individuals develop effective resources and strategies to cope with disease and related constraints. These resources become especially relevant in chronic pathologies. At the individual level, they include the ability to identify opportunities for action and skills development in daily life, the tendency to set and pursue realistic and accessible goals, and the detection and construction of meanings. At the social level, they refer to the support derived from family members and caregivers, positive social relations, community cohesion, and adequate health services.

▼ **Session 3: The Challenges of Preserving Health: Positive Intervention Models**

The growth of health-care facilities, improvements in diet, hygiene practices, and immunization campaigns have brought about a substantial reduction in infectious and acute diseases and a corresponding increase in life expectancy. This positive trend is, however, counterbalanced by an increase in chronic and progressive diseases, partially related to aging and partially derived from massive urbanization and consequent lifestyle changes. The negative consequences of inappropriate dietary regimes, excessive workload, or inadequate physical exercise on cardiovascular and immune system functioning have become increasingly evident, raising the need for the implementation of preventive strategies that require the active awareness, commitment, and responsibility of individuals and the mobilization of their psychosocial resources.

▼ **Live Webinar: A New Perspective for the Healthcare System: From Designing Policies for Citizens to Building Resources with Citizens**

Psychological models and theories are usually focused on individual processes, while societal and cultural factors interacting with the person's daily functioning are substantially neglected. The collaboration between researchers, intervention agencies, and citizens should instead be emphasized as the major tool with which to achieve successful results in healthcare policies. Individuals should be supported in finding meaningful and socially relevant opportunities for action and self-expression, even under circumstances such as disease or disability where they must cope with daily functioning constraints. Individuals and families experiencing disease and disability should also be valued for their personal and communal competences rather

than being considered weak and low-performing members of society. Their psychological and relational resources, laboriously built over time, could be shared for the benefit of others. People experiencing disease across the world are often founders or active members of associations, promoters of fundraising campaigns in support of biomedical research, and civil rights activists. Therefore, health professionals and policymakers should approach them as experts who can offer first-person knowledge of a specific condition, rather than as patients to treat and caregivers to instruct. Their social involvement could also be extended to educational programs and other community initiatives, allowing them to share their resources and enjoy recognition as fully-fledged members of the society. Although this change implies an overall revision of the health culture, the advantages would be remarkable as efforts in this direction could lead to a more inclusive and participative society.

MODULE 9: JANUARY 2020



SUZY GREEN

POSITIVE PSYCHOLOGY COACHING

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder of The Positivity Institute, a positively deviant organisation dedicated to the research and application of Positive Psychology for life, school and work.

Suzy is a leader in the complementary fields of Coaching Psychology and Positive Psychology, having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy was the recipient of an International Positive Psychology Fellowship Award and has published in the Journal of Positive Psychology. Suzy lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology.

Suzy also currently holds Honorary Academic positions at the Institute for Positive Psychology & Education (IPPE), Australian Catholic University, the Melbourne Graduate School of Education (MGSE), University of Melbourne and the Black Dog Institute. Suzy is also an Affiliate of the Institute for Well-Being, Cambridge University. She maintains a strong media profile appearing regularly on television, radio and in print.

POSITIVE PSYCHOLOGY COACHING

This module introduces you to the relationship between Positive Psychology and Coaching. Whilst evidence-based coaching (EBC) has been identified as a positive psychology intervention (PPI) in its own right, it is increasingly recognized and referred to as an “amplifier” of all other positive psychology interventions. Using a coaching approach to the application of positive psychology science may enhance the uptake and sustainability of these interventions. In this module, we first explore the relationship between Positive Psychology and Coaching Psychology and highlight that whilst each has similar aims (to create positive behavioral change to enhance human flourishing), each offers specific and unique theories and approaches to do so. We also take a look at recommended approaches to the strategic integration of these fields into what’s referred to as Positive Psychology Coaching. You also learn about key theories, practices, models, and research that support both goal attainment and wellbeing in Positive Psychology Coaching. We then highlight key coaching tools and techniques for goal-setting and goal-striving. As part of this module, we also utilize a case study in the final session to bring the science to life! Whether you are already a professional coach or simply someone interested in taking a coach-approach in their work or life, this module will offer practical tips to bring out the best in yourself and others.

Session 1: Introduction to Positive Psychology & Coaching

In this session, we explore the complementary fields of Positive Psychology and Coaching Psychology, their similarities, and differences. We discuss key theories of Positive Psychology that not only help explain why a positive psychology approach is useful but also show it is necessary for positive behavioral change; for example: Self-Determination Theory, Hope Theory, Broaden & Build Theory. We also utilize the PERMA Model of Wellbeing to explore specific positive psychology interventions that can be used to proactively build wellbeing.

▼Session 2: Positive Psychology Coaching - Key Tools & Techniques

In this session, we explore Positive Psychology Coaching tools and techniques. With over 30 years of research on goals and wellbeing in the psychological literature, we know there are types of goals that can enhance wellbeing and types that can undermine wellbeing. In this session, we review the research with a particular focus on the importance of “authentic goal-setting” or what’s known as self-concordant goal-setting. This also requires us to take a deeper look at the role of values and values congruence in goal-setting whether for ourselves or with clients. We also spend time exploring the solution-focused approach which underpins successful coaching. Finally, we utilize the GROW Coaching to help enhance the goal-striving process.

▼Session 3: Positive Psychology Coaching in Practice

This third session brings all the previous learning together through the utilization of a case study. The case study will highlight theoretical underpinnings of creating positive change and wellbeing for coaches, making explicit connections between theory, research and practice. The session will also look briefly at the broader usage of Positive Psychology and Coaching Psychology and their strategic integration in positive organizational change programs such as those currently occurring in Positive Education.

▼Live Webinar: The Art of Positive Coaching

In this live webinar, we commence with a case study that provides you with the opportunity to firstly identify underlying theories and then look at potential opportunities for the explicit implementation of positive psychology interventions within the coaching context. Overall the webinar provides ample opportunity to review key content of the module and bring the science to life. Traps and tips on the practicalities of positive psychology coaching will be discussed and recommendations made for those wanting to further their knowledge and qualifications in coaching. We also have time for some interesting Q&A.

MODULE 10: FEBRUARY 2020



SONJA LYUBOMIRSKY

THE SCIENCE OF HAPPINESS

Sonja Lyubomirsky is an American professor in the Department of Psychology at the University of California, Riverside and author of the bestseller, “The How of Happiness: A Scientific Approach to Getting the Life You Want”, a book of scientifically supported strategies that can be used to increase happiness. She is often quoted in news articles on positive psychology and happiness.

Sonja’s research has been awarded a Templeton Positive Psychology Prize, a Science of Generosity grant, two John Templeton Foundation grants, a Character Lab grant, A Psychology & Philosophy grant, and a million-dollar grant (with Ken Sheldon) from the National Institute of Mental Health to conduct research on the possibility of permanently increasing happiness. Her research has been referenced in hundreds of magazines and newspapers and she has appeared

in multiple TV shows, radio shows, and feature documentaries in North America, South America, Asia, Australia, and Europe.

THE SCIENCE OF HAPPINESS

Happiness not only feels good; it is good. Happy people have more stable marriages, superior health, and higher incomes. Fortunately, experiments have shown that people can intentionally increase their happiness. In this module, I will first discuss the meaning and benefits of happiness and then debunk common misconceptions about the life changes that will make us truly miserable or truly happy. I will then describe both classic and cutting-edge research on the “how” and “why” of happiness—that is, when and why practices such as gratitude or kindness work “best” and how small and simple activities can transform people into happier and more flourishing individuals. As important caveats, I will also propose circumstances when engaging in ostensibly happiness-increasing activities may actually backfire. Finally, this module will discuss how pursuing happiness can improve more than just happiness.

▼ Session 1: What is Happiness, What is it Good For, and what are its Myths?

Most people around the world report wanting to be happy. One reason for this is that happiness not only feels good; it is good. Relative to their less happy peers, happy people are more creative, productive, and helpful; have more stable marriages and higher incomes; and boast stronger immune systems. In this session, I will first discuss how happiness is measured and defined. I will then describe decades of research illuminating the benefits of happiness for careers, relationships, and health. Finally, we will demystify several myths regarding which life changes (e.g., getting married, having kids, losing a spouse) make us truly miserable or truly happy.

▼ Session 2: Is it Possible to Become Happier? If so, How?

Given that most people want to be happy and that happiness is associated with multiple advantages, it is fortunate that experiments have shown most people can intentionally increase their level of happiness. In this session, I will describe both classic and cutting-edge research on the “how” and “why” of happiness - that is, when and why practices as such as gratitude or kindness work “best” and how small and simple activities can transform people into happier and more flourishing individuals. In particular, we will focus on leading experimental studies - and their implications - of practicing kindness, optimism, and gratitude in optimal ways. We will also

discuss the critical factors that bolster our likelihood of success – for example, how to determine the right “dosage” or “variety” of gratitude or kindness and how to find the right fit between happiness activities and our personality, goals, and culture.

▼ **Session 3: Other Benefits (and Possible Costs) of the Pursuit of Happiness**

A growing body of research has illuminated when practices such as gratitude, optimism, and kindness are successful in increasing happiness. In this session, I will discuss when and how these practices might backfire and actually undermine (as opposed to increase) happiness. For example, in what situations might expressing gratitude lead people to feel guilty, inferior, or uncomfortable, and in what situations might engaging in kind acts lead people to feel incompetent, resentful, or exploited? Finally, we will discuss how pursuing happiness can have benefits in other domains of our lives - for example, for our motivation levels, health, and popularity.

▼ **Live Webinar: The Science of Happiness – Extensions, Future Questions, and New Directions**

In this live session, we will delve deeper into the material contained in the previous three sessions, discussing new implications and extensions of the research discussed (e.g., introducing new strategies – such as behaving in an extraverted way – that have recently been shown to boost happiness), as well as hot-off-the-press research that extends and expands upon what we have learned (e.g., are acts of kindness carried out online as effective in inducing happiness as those carried out in person?). Join me for this in-depth discussion, followed by Q & A.



MODULE 11: MARCH 2020



MICHAEL F. STEGER

MEANING AND
PURPOSE: WHAT
REALLY MATTERS

Michael F. Steger, Ph.D. is Professor of Psychology, and the Founding Director of the Center for Meaning and Purpose at Colorado State University. He earned his doctorate in Counseling Psychology and Personality Psychology from the University of Minnesota in 2005. For more than 15 years, he has researched how people flourish by living a meaningful life. He has published more than 100 scholarly journal articles and book chapters, and three books, including *The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work and Purpose and Meaning in the Workplace*.

He provides keynotes, lectures, workshops, and consulting around the world on the topics of meaning, purpose, psychological strengths, meaningful work, and creating a happy workplace.

MEANING AND PURPOSE: WHAT REALLY MATTERS

This module examines theory and research on meaning in life, as well as exploring how we can look for meaning in our daily lives and our working lives. Meaning in life is the term psychologists use to talk about the extent to which people think their lives are filled with meaning and purpose. It is not about “the Meaning OF Life” – it is about our lives, each of us, one at a time, and whether we feel we have a life that is worth living. Research has clearly shown that people who feel their lives are filled with meaning and purpose are happier, healthier, and are likely to make more positive contributions to the world around them. We will consider the research that has established this body of knowledge, and also explore what is currently known about how to create more meaning in life.

Session 1: Introduction to Meaning in Life

We start our quest for meaning with a brief look at how timeless this topic has been throughout human history. We will then explore how psychologists have tried to understand the role that finding a meaning in life plays in supporting people’s well-being and resilience. Moving from the roots of meaning in decades past, it soon becomes apparent that the attention paid to meaning and purpose by researchers has exploded in recent years. We will look at some of the key results of this research which has shown that meaning in life is closely tied to fulfillment, happiness, and a life people feel is worth living. We will conclude our first module by looking at the three main dimensions of meaning in life: Coherence, Purpose, and Significance.

Session 2: The Meaningful Life

In this session, we examine ways in which meaning becomes manifest in people’s lives, including the everyday activities and choices that seem to go hand-in-hand with the sense that the lives we lead are meaningful. In particular, we will explore the health and relationship choices that are linked to meaning in life before moving onto consider one of the most important domains of people’s lives, their work lives. People are increasingly outspoken about their desire for their work to matter and are asking companies and organizations to make this possible. We will explore some of the research findings which show that, when our work is meaningful, we benefit and so do our employers.

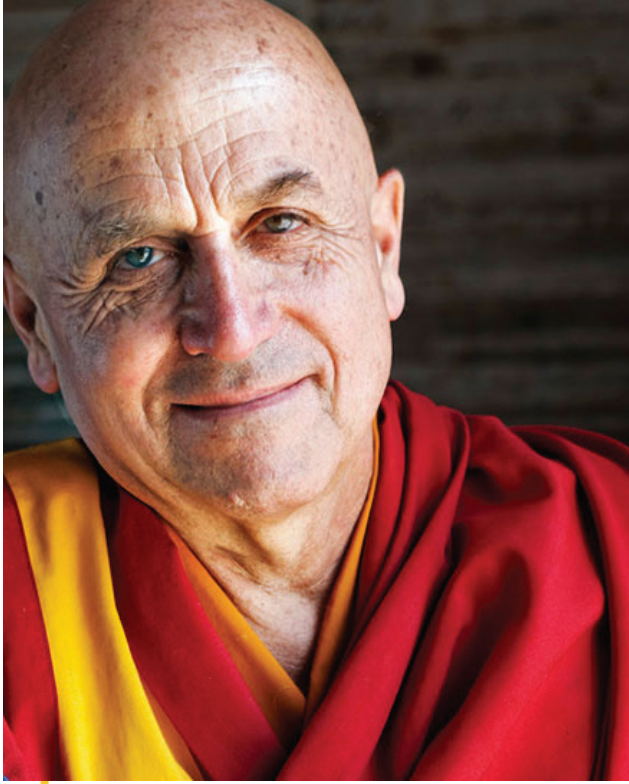
▼Session 3: Searching for Meaning

In the final session, we will consider research that has addressed how to find more meaning in life. Such research has not been extensive yet there are some promising tools being developed that show promise in terms of helping people search for meaning. Indeed, the emphasis is on shifting your perspective away from “getting meaning” towards being mindful of opportunities to “seek to live” meaning. Meaning is thus more about the way you travel than about the places you visit.

▼Live Webinar: Everything You Wanted to Know about the Meaning of Life* (*But Were Afraid to Ask).

In this hour-long live session, we will be working to demystify the topic of meaning in life. We will explore some of the existential mysteries that humans face, such as the uniqueness of each person’s experience, the challenge of finding our own truth in a subjective and chaotic world, and the inevitability of the big “The End”. We contrast an approach to life rooted in meaning with one rooted in the more materialistic values that are promoted with gusto in our modern lives. Students will be encouraged to ask questions and will be challenged to apply their knowledge about the psychological study of meaning in life to the challenges we all face living in a rapidly changing world.

MODULE 12: APRIL 2020



MATTHIEU RICARD

THE NEED FOR
ALTRUISM TO BUILD A
HAPPIER LIFE AND A
BETTER WORLD

Matthieu Ricard was born into an intellectual French family; his mother was an abstract painter and his father a philosopher. After earning a doctorate in molecular genetics at the Pasteur Institute, he moved to the Himalayas and became a Buddhist monk. In addition to 50 years of practicing as a monk, Ricard is a best-selling author, a close associate of the Dalai Lama, and a collaborator in cutting-edge scientific research. He has also received the French National Order of Merit for his humanitarian work. Ricard has been given the title “the happiest man in the world.”



THE NEED FOR ALTRUISM TO BUILD A HAPPIER LIFE AND A BETTER WORLD

Being motivated by altruism and compassion is the best way to accomplish a twofold benefit for others and for ourselves. On a personal level, this leads to a win-win situation. On a global level, altruism is the only unifying concept that allows the demands of short-term needs to be reconciled with the search for happiness and respect for future generations. Research in psychology has refuted the idea of universal selfishness, while neuroscience has shown that compassion can be trained as a skill. The science of evolution is increasingly recognizing the importance of cooperation. There are ways to overcome contrary forces (extreme individualism, narcissism, violence, etc.) and to bring about a more compassionate society through cooperative education, caring economics, sustainable harmony, and by increasing our consideration for other species and our environment.

▼ Session 1: Altruism as a Win-Win Situation - From Personal Experience to a Global Level

We have an extraordinary potential for goodness, but also an immense power to do harm. Any tool can be used to build or to destroy: it all depends on our motivation. Therefore, it is all the more important to foster an altruistic rather than a selfish motivation. Thinking “me, me, me,” all day long makes one miserable and also makes everyone around us miserable. Conversely, altruistic love and compassion are well received by others and have also been found to be prominent among positive emotions. On a global level, we are facing immediate challenges to our ability to survive and prosper, middle-term challenges to our ability to flourish in life, and long-term challenges through the damage we are causing our environment, which will lead to great suffering among future generations. We will attempt to show that altruism (having more consideration for others) is the only concept that will enable civil society members, social workers, investors, politicians, and environmental scientists to sit around the same table and find ways to bring about a better world.

▼ Session 2: In Which We Show That True Altruism exists and could be Enhanced.

There has long been an assumption in psychology, philosophy, economy, and evolutionary sciences that humans are essentially selfish. However, over the last twenty-five years, new

research and insights have shown that genuine altruism does exist and can be extended beyond our kin through a sense of global concern and responsibility for our fellow human beings and for other species. Nevertheless, if we want altruism to play a major role in our lives, we must cultivate it individually while initiating changes in our cultures. Research in neuroscience has shown that training induces restructuring in the brain at both functional and structural levels. This is what happens when one develops altruistic love and compassion through training. Over generations, cultures, and individuals mutually influence each other. The evolution of culture is, however, faster than that of genes. One can thus conceive of a much-needed evolution towards more cooperative and altruistic societies.

▼ **Session 3: Dealing with Contrary Forces and Considering Solutions and Interventions.**

To bring about a more compassionate society, we need to find proper antidotes to contrary forces such as excessive individualism, narcissism, devaluing others, instrumentalizing other species, violence, and institutionalized selfishness in corporations and institutions. This requires enhancing cooperation in all fields of life, including education, promoting “sustainable harmony”, and remaining within the planetary boundaries that allow humanity to safely prosper without being transformed into a hothouse. Altruism thus appears to be a factor determining the quality of our existence, now and in the future, and should not be relegated to the realm of noble utopian thinking. We must have the perspicacity to acknowledge this and the audacity to verbalize it.

▼ **Live Webinar: Compassionate Being**

This session delves deeper into the theory and practice of compassion. We will investigate how to implement compassion in our own lives and the important social impact such a practice could have. You will then be invited to share your thoughts and ask questions so that we can all offer our own experience of compassion.



PRIMARY TEXTBOOKS



Hefferon, K. & Boniwell, I. (2011). *Positive Psychology: Theory, research and applications*. UK: McGraw-Hill.

Ivtzan, I., Lomas, T., Hefferon, K., & Worth, P. (2015). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. London: Routledge.

Lomas, T., Hefferon, K. & Ivtzan, I. (2014). *Applied Positive Psychology: Integrated Positive Practice*. London: Sage Publications.

Please note: Specific reading materials for each module will be added to the module content.