



5 Courses

Positive Psychology: Martin E. P. Seligman's Visionary Science

Positive Psychology: Applications and Interventions

Positive Psychology: Character, Grit and Research Methods

Positive Psychology: Resilience Skills

Positive Psychology Specialization Project: Design Your Life for Well-being



05/04/2019

**Sridhar Laxman**

has successfully completed the online, non-credit Specialization

# Foundations of Positive Psychology

The University of Pennsylvania recognizes that this learner successfully completed all five courses in the Foundations of Positive Psychology Specialization, demonstrating their understanding of the scientific and historical foundations of Positive Psychology and the key research findings that help people to flourish. In addition, this learner demonstrated research-based skills through exercises and interventions designed to increase well-being, grit and resilience in their own lives.

Martin E.P. Seligman,  
Ph.D.

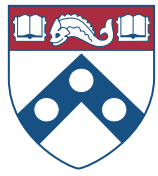
James Pawelski, Ph.D.

Claire Robertson-Kraft,  
Ph.D.

Angela Duckworth, Ph.D.

Karen Reivich, Ph.D.

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08/17/2017

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**Positive Psychology: Martin E. P. Seligman's  
Visionary Science**

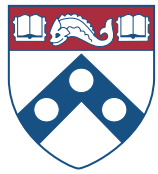
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Martin E.P. Seligman, Ph.D.  
Zellerbach Family Professor of Psychology  
Director, Positive Psychology Center

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02/13/2019

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has successfully completed

**Positive Psychology: Applications and Interventions**

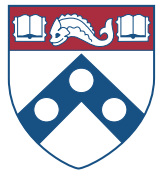
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James Pawelski, Ph.D.  
Director of Education and Senior Scholar  
Positive Psychology Center

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*Claire Robertson-Kraft*

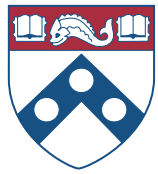
Claire Robertson-Kraft, Ph.D.  
Director, ImpactED  
Positive Psychology Center and Fels Institute of Government  
University of Pennsylvania

*Angela Duckworth*

Angela Duckworth, Ph.D.  
Christopher H. Browne Distinguished Professor of Psychology  
Positive Psychology Center  
University of Pennsylvania

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04/02/2019

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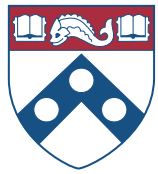
*Karen Reivich*

Karen Reivich, Ph.D.  
Director of Resilience Training Services  
Positive Psychology Center

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