

Praise from the Spring 2017 course participants

This is a fantastic course. The format is flexible, content inspiring and very informative - and also enables some wonderful dialogue with others on the course - highly recommended!

Lorna Brocksopp

I cannot recommend this course enough. Miriam and Chris are delightful teachers who are incredibly knowledgeable about the subject of Positive Psychology. They interweave their own personal experiences and humour into the course and invite others to share their stories too. I didn't want this course to end. I have learnt so much and I am already sharing my new-found knowledge with others. (Karen Stanberry, Lotus Yoga).

"An engaging course packed full of resources that I can revisit and keep fresh in my everyday life." Nicola, Galway, Ireland

Positive Psychology Foundations is an excellent way to get an overview of the key principles and to be introduced to some practical steps anyone can take to incorporate these principles into daily life. The flexible way that you can participate in the webinars and the extra resources made available to you make this a very valuable course...and sharing your thoughts and experiences with other participants has been very life-affirming. (Jane Welsh)

'An outstanding introduction to this rich field - which makes the best possible use of the webinar format, bringing people together from across the world.' (Peter Gingold)

From participating in the positive psychology course with Miriam and Chris, I have learnt, and now practise, simple methods to enhance my emotional wellbeing. There are so many gems that I took away and use every day, with some becoming life enhancing habits in thinking and behaving. I have gained a wealth of strategies that I share with my clients. Some clients that have explored, as part of options for my clients to live in a more resourceful state, the methods I have experienced, there have been favourable changes in thinking reported. Fi in Brighton

Chris and Miriam have worked together to create a brilliant in-depth practical course about Positive Psychology. They are both masters in the field and their passion for the subject is obvious. Throughout the course Chris and Miriam were both very helpful and provided insightful answers to any questions I asked. It is obvious that they 'practice what they preach' and it was great to hear examples of how Positive Psychology has helped them in their own lives. The group chat was another useful feature and it was interesting to share our experiences as we worked through the follow up activities each week. (Cordelia, Bath).

Positive Psychology foundations is particularly useful for those who want to create a joyful and harmonious environment- whether it is an organization, any society, community or forums- wherever people can play to their strengths and talents in a state of flow. The PERMA + foundations is covered with excellence and engagement by Miriam Akhtar and Chris Johnstone- that it becomes easy and highly engrossing for anyone from any culture across the globe to understand and correlate Positive Psychology to their areas of interest. I recommend this Foundations course to anyone who intend to make a positive difference in the lives of people across all walks of life. (Vivian Alfred, India).

This course provided a wonderful overview of the conceptual framework and science behind positive psychology, but more importantly allowed us to learn experientially, applying positive psychology practices in our own lives. Thank you! (Donna Audritsch)

The course exceeded my expectations. The content was brilliant with lots of extra reading materials and interesting videos to deepen my knowledge. Great, useful, practical exercises and a lovely online community of like-minded people to share your thoughts with. Both teachers come across as very knowledgeable, friendly, authentic and genuinely passionate about the subject. The course left me with a desire to keep on learning about myself and how positive psychology can help build my resilience and increase every day happiness. (Federica from Italy)

Overall this course is very successful in introducing positive psychology with lots of materials. The most impressive lesson to me is about relationship. I like the slides which explain how relationship is related to happiness and wellbeing. And I find the videos are so helpful and moving. (Ngar-sze (Elsa) Lau)

"I found Miriam and Chris to be very inspiring, kind and supportive and I would like to learn more with them in future."

I went into the course hoping to be able to use the tools and techniques that were offered, with my clients, but I ended up finding them really useful for myself too. It's definitely worth doing the Foundation course, whether it's for personal gain, or as a useful insight if considering undertaking the MAPP. (Tracey, York)

"Either as an introduction or a review of the major strands on the subjects, this course is well organised and delightfully presented. The weekly tasks are a major help to consolidate and put into practice the knowledge acquired. A really good course and a wonderful experience!"

"The Positive Psychology Foundations Course, facilitated by the wonderful Miriam and Chris, offers a comprehensive introduction into the field of Positive Psychology. The course offers a superb opportunity to discover the principles behind PP, including Martin Seligman's PERMA model, and much more. Weekly discussions and homework (it's all great fun!), help you to understand, consolidate and apply what you have learnt throughout the week. I have connected with so many inspiring, like-minded individuals, and made some great friends through attending this course. The sense of common ground and community opened up positive, inspiring and honest discussions, which we are all continuing to have long after the course has ended. I would highly recommend, for anyone who is interested in learning more about Positive Psychology, to book a place, it helps you to understand how and why PP cultivates such an inspiring and positive difference in our society....and how you can be an agent of change within that!" Cathy

" This was a brilliant, interesting, uplifting and happy course. I liked the way I could go back and revisit parts to understand them better. Also, if I couldn't make a Webinar, I could listen to it later. So a flexible course too." Caterina Declas

