

Feedback from the Class of 2020

"A hugely beneficial course for me personally and professionally. And very timely - as an executive coach I have drawn on a lot of the insights and resources provided by Miriam and Chris as I support leaders who are navigating their organisations through the current pandemic. I most certainly got what I wanted (and needed). Thank you both for your wisdom and generosity" Kim, Executive Coach

"The Positive Psychology Foundations Online Course is an excellent introduction to Positive Psychology - the science of functioning well and feeling well. With a wealth of evidence-based practices, this course exceeded my expectations for new tools to enhance and strengthen well-being. It also provided new insights and food-for-thought on how to use those tools both by myself and with others. Highly recommended for anyone wanting to be a Positive Psychology practitioner or who is looking for a life of sustainable well-being." John Newton.

"The course was excellent in terms of learning and making practical everyday recommendations that do make a difference in your own and others' lives. Meeting similar thinking people online sharing similar values around a more positive outlook was wonderful. As a cynic regarding webinar and online learning the course converted me in a very positive way. Thank you." Nige Rowe.

"I really enjoyed doing the course and found it extremely beneficial. I received much support and guidance throughout the course and the content of the course was excellent. I learnt so much from the course and found the skills I gained extremely valuable. I now feel more positive within myself and want to spread the positivity to others. I would highly recommend this course to others."

"Miriam Akhtar & Chris Johnstone individually and together have vast knowledge of positive psychology and its application in life and work. They both have the ability to explain, inform and demonstrate its uses in daily life. This course offers a very useful foundation in positive psychology. Laying the stones for understanding certain behaviours and how to get best out of yourself and understanding others."

"It was my first experience of doing an online course, my highlight was completing the course and being made to feel at ease and welcome all the time. I would rate the course 10 out of 10. I was very impressed with Chris' and Miriam's knowledge, expertise and warmth on the subject the course was well presented and easy and comfortable to participate in it has given me tools to use for a brighter future." Martin Mc Elwaine

"A fantastic journey of exploration into the world of positive psychology. What a fantastic 8 weeks! I feel like I have a toolkit to navigate life with more positivity and resilience. A well laid out and executed course, clear, concise teaching. Thank you Miriam and Chris for sharing your wonderful knowledge on this subject. Your lovely calm voices, are etched into my mind when I am using the tools and techniques that you have shared with us over the 8 weeks!" Roger Hunt

'I found this to be a well-balanced course. It simplified the concept of Positive Psychology and provided me with invaluable resources to apply throughout my work and day-to-day life.' Marissa McCallam, Coach and Social Entrepreneur.

“This is an excellent course that I would highly recommend. I took away so many useful strategies and tips that I can put into practice day to day that help change the way I look at things and respond to things. Thank you.” Rachel, medical doctor.

“I am so pleased I embarked on this journey with Miriam and Chris. I thoroughly enjoyed discovering how we all have the power and resources within to create a happy, healthy and joyous life.”

“This course has certainly changed my life for better. I feel becoming a Positive Psychology practitioner is the answer I was looking for and I can’t wait to keep practising!”

“This is an excellent course for those who want to learn how to apply Positive Psychology techniques and strategies to personal and professional life. This course is also very useful to practitioners, such as coaches, counsellors, social workers, and others. The course facilitators, Miriam and Chris, are excellent. Additionally, it is exciting to be in the class with students from different parts of the world.” Natasha Sacks, USA.

“This is an excellent course for anyone who wants to have a taster in Psychology, for me it was a personal journey where I got to know myself so much more and was able to implement changes to my work & personal life for the better. The course is flexible so you can do it at your own pace & fit into your busy life. There is support if required and a community feel even though it is based online, I have taken a lot away from this & will continue with my journey. In summary, I have really enjoyed the course and you both work really well together in your delivery of it.” Jeanette Wardle, UK.