**Positive Psychology Masterclass Online**

**PERMA Wellbeing & Wellbeing at Work**

**DAYS 1 to 4: PERMA WELLBEING**

Date: Thurs 1, Fri 2 and Thurs 8, Fri 9 July 2021

Time: 0900 to 1230 BST daily (Virtual Café open from 8.45am)

DAYS 5 to 7: WELLBEING AT WORK

Date: Wed 21, Thurs 22 and Fri 23 July 2021

Time: 0900 to 1300 BST daily (Virtual Café open from 8.45am)

**Platform:** Zoom to your laptop or desktop

**Group size:** 12 maximum. Please book early to ensure your place.

Investment:

Early Bird: £850 (incl VAT) - available until 24 June 2021

Full: £1290 (incl VAT) includes course/e-course materials

**On completion of the Masterclass you will have:**

* An in-depth understanding of the science of happiness, resilience and well-being.
* A toolkit of evidence-based practices
* The knowhow to apply Positive Psychology in coaching, therapy, at work and in communities
* All your questions answered by master trainers and expert practitioners in Positive Psychology

**‘***The Positive Psychology Masterclass was devised by two of our first MAPP graduates who’ve gone on to flourish as positive psychology experts. Both Miriam and Bridget are renowned for their applied work within the science of wellbeing. The Masterclass has been attended by hundreds of people since it started, many of whom have now joined us on the UEL MAPP.  It’s one of the best introductions to the science of Positive Psychology that you can get.’* ***Dr Kate Hefferon,*Prog Leader, Masters in Applied Positive Psychology, University of East London**

**Days 1 to 4: Positive Psychology for Coaching & Wellbeing**

**What you will gain:** The Positive Psychology Masterclass introduces you to the key principles and evidence-based practices in the science of positive psychology, giving you a thorough grounding in the PERMA model of wellbeing plus other core concepts in the science. With hands-on experience of the practices this highly engaging course will show you how to apply positive psychology to flourish personally and professionally. We show you how to master the essential tools to use in your coaching practice, groupwork and as wellbeing champions.

**Modules include:**

* The Science of Happiness, Wellbeing & Flourishing: the PERMA model
* **P**ositive Emotions & Positivity Practices
* **E**ngagement & Flow
* Identifying and Applying Strengths
* Finding **M**eaning & Purpose
* **A**chievement: Mindsets, Motivation & Goals
* Optimism & Resilience
* Building Positive **R**elationships

*“Excellent. Covered a lot of ground and all of it was practical and usable. Highly recommended for both personal and professional use. Lots of tools to take this knowledge forward. Love the practicality.”* Executive Coach, Cornwall

*“Brilliant. Seamless flow and incorporation of discussion leading in to the material presented. Seamless presentation and well evidenced.”* GP, Devon

**Days 5 to 7: Positive Psychology for Wellbeing at Work**

**What you will gain:** The advanced workshop builds on the PERMA foundations of days 1 to 4, showing you how you can apply Positive Psychology in groups and for workplace wellbeing. The Masterclass introduces the new waves of Positive Psychology and takes a strengths approach to life and to success at work. We show you how to apply the science, giving you practical tools to use Positive Psychology in a variety of work settings including coaching, training and learning and development. By the end of this Masterclass you will have advanced your understanding of resilience, strengths and positive psychology coaching.

**Modules include:**

* The Science of Flourishing
* Positive Leadership & Positive Deviance
* Joy of Work
* Meaning at Work
* Strengths in Coaching
* Strengths at Work
* Strengths across Life
* Appreciative Inquiry
* Advanced Resilience
* High Quality Connections

**On completion of the Masterclass you will:**

* Understand the advanced concepts of positive psychology
* Have practised the application of key evidence-based tools
* Know how to apply positive psychology in a broad range of fields

*“I’ve had the best 3 days: sharing, learning and laughing and isn’t that what positive psychology is all about? Thank you to amazingly inspirational tutors and fellow learners. So much to feed forward.” Senior Development Coach, Northants*

**Your facilitators:** Your Masterclasses will be facilitated by Miriam Akhtar (MAPP) and Bridget Grenville-Cleave (MAPP, MBA, FCCA, Assoc CIPD), two of Europe’s leading positive psychology practitioners and the first to qualify with distinction from the UEL MAPP programme.

Both are master trainers, associate lecturers and authors of bestselling books in the field. Find out more about their expertise at [www.positivepsychologytraining.co.uk](http://www.positivepsychologytraining.co.uk) for Miriam and [www.workmad.co.uk](http://www.workmad.co.uk) for Bridget.

**How to book:** Places are limited so please book early. Complete the following booking form, scan and send to [bridget@workmad.co.uk](mailto:bridget@workmad.co.uk).

**Positive Psychology Masterclass Booking**

Foundations: Online / In Person (delete as appropriate)

Title and Name

Organisation (if applicable)

Address

Email

Mobile phone no

Main motivation for attending

How did you hear about the Masterclass?

*I have read and agree to the attached Masterclass Terms & Conditions. I agree to be contacted by email with further information about the Positive Psychology Masterclass.*

Signature Date

***The Masterclass requires a minimum number to be viable.***

***We reserve the right to cancel/postpone the dates to ensure group size***

**Terms and Conditions**

1. Booking and Confirmation
   1. We can only accept Masterclass bookings accompanied by payment.
   2. Submission of a booking form indicates the participant agrees to the terms and conditions set out and will be charged the appropriate Masterclass fee.
   3. Once payment is received, we will endeavour to confirm bookings within three working days. Should no confirmation be received within this time it is the responsibility of the participant to contact us.
   4. Detailed joining instructions will be sent out prior to the Masterclass by email. Participants submitting late bookings (less than one week in advance) must contact us if no instructions are received within two working days of the Masterclass.
   5. Where a Masterclass is oversubscribed, places will be allocated according to the order in which bookings are received (first come, first served).
   6. We reserve the right to refuse the booking of a participant.
2. Rescheduling or Cancellation
   1. Where a Masterclass is under-subscribed, we reserve the right to cancel or postpone it. In the event of this happening, or Masterclass cancellation through other unforeseen circumstances (e.g. illness), participants will be informed as soon as possible and offered an alternative Masterclass place or refund.
   2. In the event of rescheduling or cancellation of a Masterclass, we cannot be held responsible for any non-refundable costs incurred. We advise all participants to take out insurance to cover cancellation/postponement due to Covid19.
3. Pricing and Invoicing
   1. The Masterclass fee is payable in pounds Sterling. The fee includes course materials, which will be sent by email. Participants from outside the UK must cover the cost of bank transfer and FX.
4. Cancellation, Transfer and Failure to Attend
   1. Once a booking has been made, any cancellation leaving an unfilled place (including non-attendance) will incur the full Masterclass charge. If another Masterclass is available then you may be able to transfer at our discretion. Should you wish to transfer to a later Masterclass, you will incur a charge of £50 + VAT per day to cover venue booking and admin costs if attending in person or £25 + VAT per day if attending online. If, having transferred you subsequently do not attend, you will not be eligible for any refund.
5. Copyright
   1. All handout materials developed by us for Masterclass participants are protected by copyright. They may not be shared or reproduced wholly or in part without the prior written consent from both authors.
6. Responsibilities
   1. Participants are expected to respect others and keep sensitive information confidential. We reserve the right to request a participant to leave if they disrupt the learning experience of others.
   2. Participants attending in person from outside the EU must ensure that they have appropriate visas before booking. We cannot make any alterations based on failure to acquire a visa.
   3. Participants attending online are responsible for their own technical equipment. If there are technical issues outside of the trainers’ control that prevent the session from happening, then the session will be postponed and/or rearranged.
7. Privacy
   1. We use your contact details to send you information about the Positive Psychology Masterclass and related products and services. We will never share your contact details with third parties for marketing.