

Feedback from the Class of 2021

“I joined the online Positive Psychology course in lockdown. I was looking to update my learning in the area and what attracted me, in particular, was the talk of practical tools to go with the theories I already knew. I was not disappointed! Miriam and Chris are a fabulous ‘double-act’ and they have built a particularly special blend of theory that is accessible and highly engaging with plenty of resources to go deeper if you wish. Some of the taught exercises were very powerful - and I loved that the course goes beyond the learning – to using the learning. It was great!” Helen Hanison, Executive Coach.

“This is a first-class programme, which I would encourage anyone to attend who wants to optimise their personal wellbeing and resilience and/or is in a position to help others do the same. Chris and Miriam create a friendly and engaging environment and have a treasure chest of tools and techniques which they share, make accessible online and set weekly practices on.” Penny Aspden, Leadership and Wellbeing Coach.

‘This course was a real eye-opener into the field of positive psychology! After completing a psychology degree many years ago, I was interested in continuing my learning and I’m really glad I found this course. It was well balanced with webinars, research papers, videos and home learning practices throughout the week. The content was extremely manageable, and there were lots of resources suggested for if you want to further your learning. The course was delivered in a caring, warm manner and I really liked how each week had a different focus on the PERRMAP model. I got a lot (personally) from this course and it has really inspired me to continue my learning. Thank you both.’ Jessica Brewer

“A really enjoyable course and fantastic value for money. I am a wellbeing and resilience practitioner and most of the concepts covered in the sessions are familiar but the weekly sessions were delivered in such an engaging and participative manner that I feel newly invigorated and reminded that it isn’t always the knowing that is important, but the doing and prioritising the positive psychology practices is equally important. I love Miriam and Chris’ warm and accessible delivery and the way you both make everything relevant with personal insights and stories that bring each of the weekly topics to life. I have particularly enjoyed the ability to connect with other students. Having small breakouts works very well. It’s invaluable to be able to share and take the time to learn together. I’m looking forward to applying positive psychology within my coaching practice and in my organisation.” Cat Underwood, Senior Development Coach

“The Positive Psychology Foundations course has given me an invaluable range of tools and resources for improving my own wellbeing and that of my coachees. Chris and Miriam are great trainers – each webinar felt like a mindful, kindful self-nourishment in itself. I’ve also loved how each seminar was a calming part of my week. I found I was breathing more deeply just listening and watching. I took my blood pressure and heart rate before watching each seminar, and they consistently came down. I wholeheartedly recommend the course to anyone wanting to improve their relationships with others, work and themselves.”

'A very practical and uplifting course which is clearly laid out and accessible. A very generous course, I have learnt much that I can immediately apply and more that I want to go away and expand on. This course has definitely supported and inspired my own personal growth, so the benefit for my clients is twofold. Thank you so much Miriam and Chris.' Harri, Coach

'This course was a real eye-opener into the field of positive psychology! After completing a psychology degree many years ago, I was interested in continuing my learning and I'm really glad I found this course. It was well balanced with webinars, research papers, videos and home learning practices throughout the week. The content was extremely manageable, and there were lots of resources suggested for if you want to further your learning. The course was delivered in a caring, warm manner and I really liked how each week had a different focus on the PERRMAP model. I got a lot (personally) from this course and it has really inspired me to continue my learning. Thank you both.' Jessica Brewer

'A very helpful and informative course in positive psychology. The teachers were engaging and supportive. Each week's course material was exciting and relevant. I would definitely recommend this course to anyone who is keen to find out more about positive psychology and how it can change your life!' Lauren Croasdale, Teacher.

"The Positive Psychology Foundations course has given me an invaluable range of tools and resources for improving my own wellbeing and that of my coachees. Chris and Miriam are great trainers – each webinar felt like mindful, kindful self-nourishment in itself. I wholeheartedly recommend the course to anyone wanting to improve their relationships with others, work and themselves."

'The course is an amazing investment in personal development and real value for money. If you want practical skills that you can use when faced with everyday difficulties or a way to better your quality of life, Miriam and Chris have compiled the best set of positive psychology tools and concepts you will ever need. It is a little treasure trove you can always dip in when you need inspiration and motivation.' Zhivko Juzevski

"This course is a great vehicle for introducing you to the vast topic of Positive Psychology. And it is a fantastic way to meet experts and non-experts, all of whom share a passion to not only enhance their own life, they also want to share and spread the benefits of Positive Psychology with others." Rose Barr

"The Positive Psychology course was well-structured, well-guided and had lots of practical examples, to enable us to get the most from the theory to improve our overall well-being. I already knew 'something' about every topic we covered but I still learned so much. The best things about the course were the detailed, insightful responses to questions by our hosts and the opportunity to learn from the examples and experiences of each other. I intend to use what I have learned to help me maximise my own wellbeing and will share my knowledge with others in the hope that they can do the same. I definitely intend to continue my study of this subject and I would encourage anyone I know to attend similar courses with Miriam and Chris in the future." Michelle Pitchers Suffolk, England.

“This webinar is perfect for people who are curious about positive psychology. The delivery of this webinar is very easy to understand, even for people who don't have a background in the field. After taking this webinar, you will see yourself and your environment in a different light, you will make those around you happy, and you will be happier too.” Andre Gunawan, Indonesia.

“I booked this course to learn more about positive psychology and wellbeing and how to implement it in my life and those of others. My expectations were exceeded! Miriam and Chris created a course full of absolutely useful content and led the live webinars in a professional, personal and entertaining way. It was a deep dive into the topic and I've learned a lot of techniques and methods which I can use in my everyday life and for my profession as a teacher. Thank you so much!” Nicole Coulibaly