



Positive Psychology Foundations Online Training

A practical online course you can start at any time and move through at your own pace. Features recorded webinars, summary tutorials, downloadable handouts and a discussion forum.

with Miriam Akhtar & Chris Johnstone
www.positivepsychologytraining.co.uk (Miriam)
CollegeOfWellbeing.com (Chris)

“Inspiring... I gained valuable tools I use most days”

The **Positive Psychology Foundations** is an online course with a dual purpose – for people who want to grow their personal wellbeing and for practitioners who want to use positive psychology in their professional life. The foundations are based on Prof Martin Seligman’s **PERMA** model of flourishing, incorporating five ways to greater wellbeing – **Positive Emotions, Engagement, Relationships, Meaning and Achievement**. We’ve extended the model to include sessions on **Resilience, Mindfulness** and the **Physical Body** to reflect other significant ingredients of wellbeing. The programme consists of 8 recorded webinars and an online resource with a toolkit of downloadable handouts, videos, articles, book extracts and discussion forums. The hosts are two leading experts based in the UK. Miriam Akhtar MAPP of www.positivepsychologytraining.co.uk and Dr Chris Johnstone of collegeofwellbeing.com The course is recognised by the Association for Coaching for 20 hours of CPD. Bonus extras include the audiobook **The Happiness Training Plan**.

What is Positive Psychology

Positive Psychology is the science of optimal functioning and how to feel good, function well and flourish. It’s an applied science which has generated a toolkit of evidence-based practices for greater happiness, meaning, positivity, wellbeing, strengths, optimism, resilience and life satisfaction.

“I would recommend the Positive Psychology Foundations course to anyone who wants to take responsibility for their own happiness. The course encourages action as well as contemplation... if you follow the very simple practical tools that are recommended on the course you can’t fail to improve your own wellbeing and hopefully the wellbeing of those around you too.” Laura Knightly Brown

The PERMA+ Foundations

Session 1. Positive Emotions: We introduce the happiness of positive emotions and pleasurable experiences known as ‘hedonic wellbeing’. The **Broaden and Build Theory** demonstrates how positive emotions not only feel good they do us good too. **Positive Emotions** broaden our thinking and build resources that can help us flourish. Plus the positivity practices that add the feel-good factor such as gratitude and savouring.

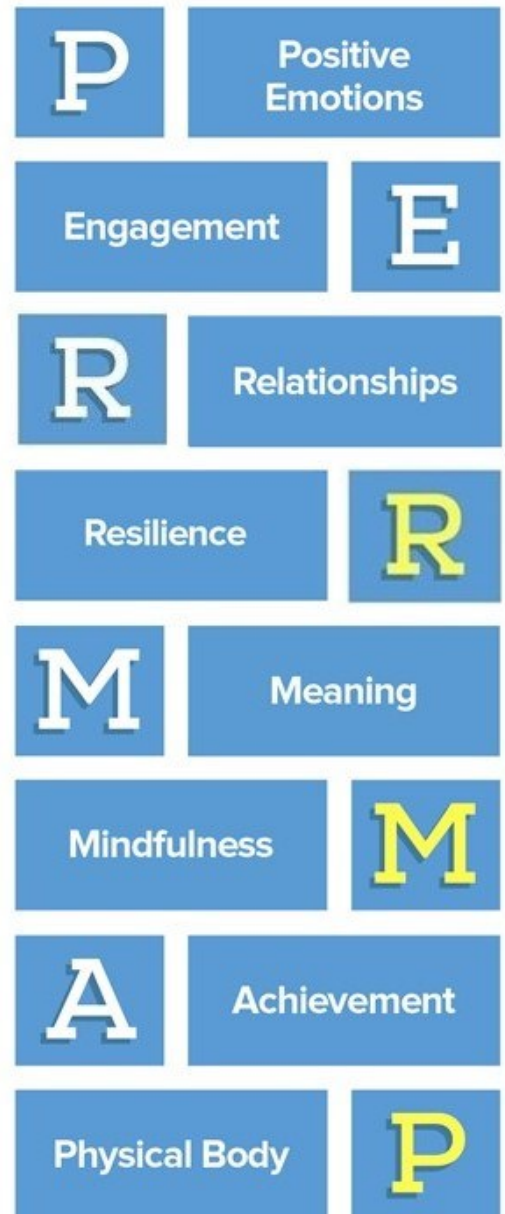
Session 2. Engagement: ‘Flow’ is the deeply satisfying state of total absorption. Being in flow helps us to grow and perform at our best. **‘Strengths’** are our assets – the talents and positive qualities that are the foundations of wellbeing as well as the pathway to it. They are the tools we use in positive psychology coaching. Both strengths and flow are forms of engagement. What connects them is that using a strength is a way into flow.

Session 3. Relationships: What do the happiest people have in common? Close relationships and active social lives according to a study of very happy people. Humans have a need for a sense of **connection and belonging**. This session explores ways to **nurture our relationships** and build **networks** of mutual support for interpersonal happiness.

Session 4. Resilience: We’ve added an extra R for Resilience, a major area of positive psychology, **to maintain wellbeing in unfavourable conditions**. We explore how to deal with emotional dips, apply flexible thinking to difficulties, grow realistic optimism and bounce forward from adversity. Dr Chris Johnstone is a resilience specialist and the author of [Seven Ways to Build Resilience](#).

Session 5. Meaning: Having a sense of **meaning and purpose** leads to the deeper sense of fulfilment known as ‘eudaimonic wellbeing’. It is one of two major branches of **authentic happiness**. We tend to ‘find’ meaning in positive experiences and ‘make’ meaning from the negative ones. In this session we explore why meaning matters, the search for meaning and introduce an uplifting way to discover a sense of purpose via your strengths.

Session 6. Mindfulness: We’ve added another M for Mindfulness for its many benefits for **mental health**, not only for mood, but also for memory, focus, relationships and health. The session also introduces **mindful self-compassion** and **kindfulness**, with practices that are simple to apply.



Session 7. Achievement: How to make positive change in your life. **Goals, Grit** and the **Growth Mindset** are all key ingredients in progressing your life. We explore the Nine Things Successful People Do Differently, the scientifically grounded strategies that can help you move forwards.

Session 8. Physical: We've added the P to reflect the importance of the **Body-Mind connection** and how to use the physical body for mental health. 'Somatopsychic wellbeing' is the positive influence that the body can have on the mind, for example, how physical activity acts as a natural anti-depressant. We look at how **body-focused practices** can form an essential part of an integrated wellbeing programme.

Certificate of Completion: On completing the course (with a minimum of 80% completion of content and returning a post-course questionnaire) participants will be awarded the Positive Psychology Foundations practitioner certificate from the CollegeOfWellbeing.com and Positive Psychology Training. The course is recognised by the Association for Coaching for 20 hours of CPD.



Course Fees: The course costs £245 (approx US\$296 or €291). If you are a full-time student or on a low income, please contact us if you'd like to apply for a concessionary rate. Please book via www.positivepsychologytraining.com and www.collegeofwellbeing.com or contact us if you'd prefer to pay by direct bank transfer and other methods.

About the Trainers



Miriam Akhtar is one of the UK's leading experts in positive psychology and the author of **The Little Book of Happiness, Positive Psychology for Overcoming Depression** and **What is Post-traumatic Growth**. She designs and delivers wellbeing and resilience programmes and works as a coach and trainer. Miriam is a keynote speaker and visiting lecturer on the Executive Masters of Applied Positive Psychology at the University of Lisbon.



Dr Chris Johnstone is one of the UK's leading resilience specialists and a pioneer in applying positive psychology in the UK National Health Service. He qualified as a medical doctor in 1986 and moved into the mental health field, where for many years he ran a groupwork programme teaching resilience skills, while also being an innovator for wellbeing training in the workplace. His books include **Active Hope** (co-authored with Joanna Macy) and **Seven Ways to Build Resilience**.



FFI www.positivepsychologytraining.co.uk and www.collegeofwellbeing.com

The **Positive Psychology Foundations** ran as a live course for a decade before it became a recorded course in 2022.

“I’ve really enjoyed the mix of webinars, talks, reading material and practical exercises, which have brought the concepts to life. The experiential element has helped me consolidate and understand the practical use of what I’ve been learning. I plan to continue to use these principles on myself and in a coaching setting. I think the thing I have found most surprising is how involved I’ve felt in the course despite it being pre-recorded. The whole experience has not only been educational but heart-warming too.” Caroline, Coach

Here are some of the comments from previous cohorts.

“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. 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 warm, caring manner and I really liked how each week had a different focus on the PERMA+ model. I got a lot (personally) from this course and it has really inspired me to continue my learning.” Jessica Brewer

“A very helpful and informative course into 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

“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 was not disappointed! Chris and Miriam are a fabulous ‘double-act’ and they have built a special blend of theory that is accessible and high engaging with plenty of resources to go deeper if you wish. Some of the taught exercises were very powerful I thought - and I loved that the course goes beyond the learning – to using the learning. It was great!” Helen Hanison, Executive Coach.

“A very practical and uplifting course which is clearly laid out and accessible. A 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 Chris and Miriam.” Harri, Coach

“I would highly recommend this Positive Psychology Foundations Course. The webinars were engaging, fun and packed full of information, and the online course content was fantastic – lots of reading, watching and exercises to continue your learning in your own time. Miriam and Chris are excellent and engaging tutors, and very knowledgeable. I am already using things I have learnt on this course myself and with clients – an excellent investment!” Sarah Bryson