**Praise from the 2018 cohort**

I just wanted to take this opportunity to say thank you so much for the hard work you put into the course. It really showed in everything you both did - the lectures and all the resources which I am still going through!  It was the best decision I made this year,and am sure it will continue to have a positive impact on me for years to come. I am definitely going to miss the Wednesday evenings now - but you have provided a lot to keep me occupied. (A note received on completion of the 2018 course).

Thank you so much for such a wonderful course that has really whet my appetite for Positive Psychology. I will certainly be keen to do more courses in the future. I appreciate that the course is just the tip of the iceberg. I really valued all the time and effort that you put into developing the course and the enthusiasm in which with you delivered it. Your positivity motivates me. (CBT Therapist, London).

"The energy and passion that Miriam and Chris bring to this course helps drive a real sense of community and group learning.  The online sessions are so accessible, and the quality of the written material and supporting documents mean that participants can stay involved even if they cannot make the odd webinar. Opportunities for learning from other group members are maximised, bring great added value to the course, particularly as the course attracted people from all over the world. I felt in really safe hands with Miriam and Chris leading the sessions, they are so knowledgeable and experienced, but you genuinely have the sense they are living what is being taught and developing their own practices through the course too. Highly recommended course. I'm so glad I did it. Thank you both!" (Elly, Bristol).

Did I get what I wanted? - more than.  It may sound dramatic, for me it was life changing.  I now have a clearer understanding about what I want to do in life, I just need to put into action.  I would like to thank Chris and yourself for your help and support and for putting on a great course….

…If you are committed and serious about finding your meaning and purpose in life, getting into the flow and be happier. This is a must do course, you get great feedback and help. I recommend to join the live webinar, you’ll make friends too’ (Tim, West Midlands).

“The positive psychology foundation course exceeded my expectations of what it could deliver. By integrating elements of the course into my personal life I have already seen improvements in my wellbeing and has made me rethink where I want to go career-wise. Chris and Miriam are both talented speakers and clearly passionate about their subject matter. I would recommend this course for individuals looking to understand the principles behind positive psychology and can provide a stepping stone for further learning around the subject.” (Scott Munroe, vet)

If you want to learn the Foundations of Positive Psychology then I can recommend this course.  Chris and Miriam offer a breadth of theory, brought to life and deepened through an equal breadth of practices all of which is led by two people who are as authentic as they come.  I would thoroughly recommend this course. (Psychologist)

Initially, I was in two minds about studying this course. In the past I've enrolled on other online courses and not completed them - but this one was so different. It provided a positive and interactive way to explore key issues. Importantly, I didn't feel as if I were studying alone. Both Miriam and Chris were on hand to answer and respond to any questions - often with very detailed explanations which really helped to keep me motivated - and there was opportunity to interact with the other participants. The lectures were, of course, highly informative but also fun and easy to digest! I was able to apply them to my everyday life from week one. At the end of each week we were given a great deal of additional resources and tools - so by the end of the course I had built up a solid resource library for a foundation in positive psychology. This has done so much for my wellbeing. I had become stuck and needed help in changing things. I will be going through the whole course again, at my leisure, in the upcoming months - taking time to savour it (smile). I am now applying what I have learned and have started a blog to help other people - and I didn't think I'd be in that situation six months ago. (Antoinette Faith, London.)

Chris and Miriam provide an excellent course full of practical exercises to not only boost your own happiness, but to use with others too! I have discovered so much about myself and how to improve my own wellbeing. I will be using the knowledge I have gained to coach, mentor and guide educators so they are able to practice self care as well as help their students. Thanks again Miriam & Chris! It really was a wonderful course. (Emma Tempest).