

Learning Objectives

- ◆ By the end of this course, participants will have a good basic understanding of the roots and practices of Positive Psychology, that they can apply to their own personal and professional lives, and that they can share with patients.
- ◆ The day will combine some theory with discussion and plenty of practical exercises.
- ◆ The aim is for people to come away happier, and having learned skills and practices to make them more fulfilled.

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.30	Background: what is Positive psychology? The Health – Disease Continuum Aims of Positive Psychology
10.30– 11.00	Coffee
11.00 – 12.00	The power of positive emotions 'Flow'
12.15 – 1.00	Accessing and exploiting our strengths
1.00 – 2.00	Lunch
2.00 – 3.00	Positive psychology in practice: Gratitude and savouring Mindsets
3.00 – 3.30	Tea
3.30 – 4.30	Meaning and purpose Reflection and What next?
4.30	Close

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any time and search for documents or topics using key words.

Sponsors

We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks: their support reduces the cost of membership and course fees significantly.

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