



Inner Spa: Promoting Personal Wellbeing and Resilience.

This workshop is based on applying the emerging theory, practice and science of Positive Psychology. The focus is on understanding and cultivating what enables flourishing and achievement in individuals, groups, communities, and organizations.

The sample program below is designed to be run over ten 90 minute sessions.

SAMPLE PROGRAM	
Session	Topics
1	Evolution and Foundation of Positive Psychology (PP) <ul style="list-style-type: none"> • Authentic Happiness and Psychological Wellbeing (PWB) • From Languishing to Flourishing • Happiness Set Point vs Positivity Ratio ➤ PP Activity & Discussion
2	PERMA Theory of Psychological Well-Being Eudaimonia vs Hedonia <ul style="list-style-type: none"> • Happiness Myths • Hedonic treadmill ➤ PP Activity & Discussion
3	Positive Emotions <ul style="list-style-type: none"> • Role of positive and negative emotions • Broaden and Build Theory • Positivity Resonance ➤ PP Activity & Discussion
4	Optimal Experience & Flow <ul style="list-style-type: none"> • Characteristics of Flow • Conditions for Flow • Roadblocks to Flow ➤ PP Activity & Discussion
5	Character Strengths & Virtues

	<ul style="list-style-type: none"> • Concept of Signature Strengths • Upside & Downside of Signature Strengths • Values (Signature Strengths) in Action (VIA) ➤ PP Activity & Discussion
6	<p>Mindfulness in Action</p> <ul style="list-style-type: none"> • Foundational Skill of Mindfulness • GLADO Model of Wellbeing • Savouring versus Dwelling ➤ PP Activity & Discussion
7	<p>Gratitude & Kindness in Action</p> <ul style="list-style-type: none"> • Gratitude Letter/Visit • Appreciation & PWB • Random Acts of Kindness • Generating Loving Kindness and Compassion ➤ PP Activities & Discussion
8	<p>Practical Hope, Optimism and Self-Confidence</p> <ul style="list-style-type: none"> • Hope: Worrying or Planning? • Optimism: What could go right? • Self-Confidence: Worst enemy to best ally • Positive Imagery ➤ PP Activity & Discussion
9	<p>Resilience</p> <ul style="list-style-type: none"> • Post Traumatic Growth • Building Mental Fitness • Spirituality /Meaning/Happiness & Health link ➤ PP Activity & Discussion
10	<p>“Other People Matter” – Positivity in Relationships</p> <ul style="list-style-type: none"> • Currency of Wellness = Connection • Positivity Resonance revisited. • Relationship boosters. ➤ PP Activity & Discussion ➤ Reviewing highlights.