

# POSITIVE PSYCHOLOGY CERTIFICATION

**Salleus Lau**

HAS SUCCESSFULLY COMPLETED POSITIVE PSYCHOLOGY CERTIFICATION

## Course Content

Module 1: INTRODUCTION TO POSITIVE PSYCHOLOGY

Module 2: DETERMINING CHARACTER STRENGTHS AND APPLYING THEM

Module 3: HAPPINESS AND WELL-BEING

Module 4: THE MEANING OF LIFE AND ACCOMPLISHMENT, SETTING GOALS AND ACHIEVING THEM

Module 5: POSITIVE EMOTIONS

Module 6: WORKING ON SELF-ESTEEM AND SELF- CONFIDENCE

Module 7: OPTIMISM AND MOTIVATION

Module 8: PRESENT MOMENT AND MINDFULNESS

Module 9: COMMUNICATION, GRATITUDE AND RELATIONSHIPS

Module 10: END OF PROGRAM REVIEW AND PRACTICAL COACHING TIPS



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