POSITIVE PSYCHOLOGY CERTIFICATION

Mona Friday

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

Date: ***21 February, 2025***

Certificate ID: ***25-02230***