

Back by Popular Demand!

Innovative Webinar Series

POSITIVE PSYCHOLOGY

FOR CAREER COUNSELLORS AND COACHES



Positive psychology is the scientific study of psychological well-being and happiness. It is a natural fit for career counsellors and coaches because it offers so many practical ways to improve the well-being, success and happiness of your clients. Research shows that happier people: enjoy better health, live a longer life, have closer friendships, are more creative and productive at work and in life, and achieve greater success.

Join us to learn how to incorporate positive psychology into your practice and apply it to help your clients flourish. The interactive webinars will be taught by two leaders in applied positive psychology, Louisa Jewell, MAPP and Shannon Polly, MAPP. Both those new to positive psychology and experts will gain fresh insights and practical techniques.

You will learn how to help your clients:

- ✓ Increase psychological resilience
- ✓ Reduce stress and anxiety
- ✓ Increase positive energy
- ✓ Achieve healthier thought processes
- ✓ Improve psychological well-being and happiness

Choose to take the introductory webinar in March 2013 **and/or** the full series in April 2013.

- Certificate of Completion will be issued for those completing the Webinar Series.
- Sign up multiple staff and save! Contact us for more on our great Team Rates.
- Continuing Education Credits available from leading associations in the field.

Intro Webinar: Introduction to Positive Psychology and the PERMA Well-Being Model

Date: Tuesday, March 5, 2013
Time: 12 noon – 1:00 pm ET
Cost: \$35/per person

Webinar Series: 4 webinars in total, 60 minutes each, once a week

Week 1: Leveraging Positive Emotions in the Counselling/Coaching Session
Week 2: Fixed vs. Growth Mindset
Week 3: Curiosity and FLOW
Week 4: Five Steps to Building Resilience

Date: Tuesdays, April 2, 9, 16, 23, 2013
Time: 12 noon – 1:00 pm ET
Cost: \$199/per person for the entire series of 4 webinars

**All prices in Canadian dollars*

To **register** or learn further details, go to: www.positivematters.com/pmceric.asp or contact Shannon Polly at spolly@accentuate-consulting.com.

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