



Certificate in

# Wholebeing

## Positive Psychology

### SESSION B

<b>Module 1</b> (online): Introduction to Wholebeing Happiness	Available upon registration.
<b>Module 2</b> (online): What Makes Us Happy(er)	September 9–October 4, 2019
<b>Break</b>	October 7–11, 2019
<b>Module 3:</b> Onsite Residential Immersion	October 13–18, 2019
<b>Break</b>	October 21–25, 2019
<b>Module 4</b> (online): Moving Towards Your Best Self	October 28–November 22, 2019
<b>Break</b>	November 25–29, 2019
<b>Module 5</b> (online): Living and Working Well with Others	December 2–January 10, 2020 (break December 23–January 3)
<b>Module 6</b> (online): Realizing Dreams	January 13–February 7, 2020
<b>Module 7</b> (online): Resilience and Grit	February 10–March 6, 2020
<b>Forever Project Presentations</b>	March 9–13, 2020
<b>Module 8</b> (online): Choosing Your Best Life	March 16–April 10, 2020
<b>Break</b>	April 13–17, 2020
<b>Module 9:</b> On-site Residential Immersion	April 19– April 24, 2020