



WAAMH

Western Australian Association
for Mental Health

Positive Psychology Tools

Practical tools to build resilience and improve personal wellbeing

Positive Psychology is the scientific study of human flourishing, and offers a suite of practical tools to help everyone live an optimal life.

Whether you are interested in improving your own wellbeing or acquiring a suite of activities for use with the people you support, this course is the ideal introduction to the Positive Psychology field. It introduces a range of intentional activities to increase well-being and positive feelings, in the context of real life.

Pragmatic, enjoyable and gentle, this course encourages participants to build and maintain wellbeing and provides a diverse suite of take-home tools and resources.



Content covered includes:

- Understanding wellbeing
- Rethinking thoughts
- The Pleasurable Life - (Positive Emotions)
- The Engaged Life - (Flow & Mindfulness)
- The Meaningful Life - (Meaning & Purpose)
- The PERMA model
- Wellbeing tools

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| <p>DATE: 1 April 2019 TIME: 9am - 4.30pm</p> <p>VENUE: Workzone Building Training Room, Level 1, 1 Nash Street, PERTH</p> | <p>\$195 - Full members \$220 - Associate members \$245 - Non members</p> <p>Scholarship places available</p> | <p>Catering and light refreshments provided</p> <p>Custom onsite courses available, enquire now.</p> |
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Peak body representing the community-based mental health sector in WA.

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Training Includes:

- Qualified and experienced trainer
- Personalised certificate
- A take home resource package