



Human Flourishing

Strengths that enable individuals and communities to thrive.

This reflective course will transform one's negative mindset into a more positive perspective through the exploration of positive psychology.

Overview

We are facing a global crisis, the coronavirus disease is attacking societies at their core and negatively impacting individual's mental health. This course equips individuals to put an end to the learned helplessness phenomenon and replace it with a transformed positive mindset.

How this course works

This course is built on the PERMA model which will help explain and define wellbeing in greater depth. It is also full of reflective activities that will allow participants to pinpoint the grey area's and obstacles in their life and come out with 5 main personal development points. Result

WHAT YOU WILL LEARN

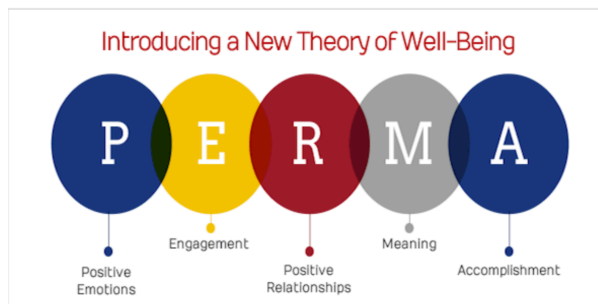
- Create positive affirmations
- Develop high quality relationships
- Identify strengths and personal values
- Identify one's flow state
- Develop daily self discipline habits.

WHAT YOU WILL RECEIVE

In this course you will receive the following:

- Course Workbook & 30-Day Journal
- Feedback & Action Plan
- RedRock International Certificate of attendance

Course Model



The Experience:

Positive emotions & relationships, Engagement, Meaning, Purpose and Accomplishment



Duration

Two days

See our website for more details

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