

# EXPLORING POSITIVE PSYCHOLOGY

# SUMMER OPPORTUNITY

## THE CLASS

June 27 - July 1, 2022

Cost: \$500

per teacher or administrator

We are looking for TEACHERS and EDUCATIONAL ADMINISTRATORS that want to learn more about what positive psychology is, as well as how to adapt it for the classroom.

What can we broaden and build?

What can we strengthen?

## WHAT IS PERMAV?

In this week-long course, we will explore the topics of:

- Positive Emotions - What are they and how do we tap into them?
- Engagement - How can we stay engaged when the world seems so unreliable?
- Relationships - How can we improve the relationships we are in? How can we listen better?
- Meaning - How do we find meaning and purpose in life and relationships?
- Achievement - How do we find perseverance and self-regulation when all we want to do is procrastinate?
- Vitality - How do sleep, nutrition, and activity levels contribute to our happiness?

## TOPICS COVERED

- CULTIVATING POSITIVE EMOTIONS
- BUILDING GRATITUDE - SO IT STICKS
- LEARNING TO PRAISE OURSELVES AND OTHERS IN A MEANINGFUL WAY
- APPRECIATING OUR NEGATIVE ATTENTION BIAS
- LINKING SELF-COMPASSION AND SUCCESS
- BUILDING RESILIENCE IN OURSELVES AND BRINGING IT OUT IN OTHERS
- TEACHING HOPE AND OPTIMISM
- LEARNING HOW TO COGNITIVELY REFRAME CHALLENGING SITUATIONS
- PULLING OURSELVES OUT OF A RUT OF PROCRASTINATION
- LEARNING TO FOCUS OUR ENERGY AND NOT OUR TIME
- FINDING MEANING IN 2022
- TAPPIING INTO POST-TRAUMATIC GROWTH

REGISTRATION  
NOW OPEN

[INFO@HIVE-THRIVE.COM](mailto:INFO@HIVE-THRIVE.COM)

