



INSTITUTE OF
**POSITIVE
EDUCATION**

Certificate in Whole-Person Positive Psychology

Program Dates

A blended-learning
(onsite and online) course,
May 2015 to July 2016.

Onsite Location

Geelong Grammar School,
Corio, Victoria, located
70kms from Melbourne.

*“This course is
the most powerful
and important
training program
I have ever been
exposed to. I use
it every day.”*

— MICHAEL SILVERSTEIN
SENIOR PARTNER AND
MANAGING DIRECTOR
BOSTON CONSULTING GROUP

Experience a whole-person approach to positive psychology and optimal well-being, developed by leading expert in the field, Dr. Tal Ben-Shahar.

This year-long online and onsite course offers an in-depth, integrated exploration of the science and direct application of positive psychology—the study of individual and societal flourishing—in all aspects and all stages of life.

Apply the whole-person approach to leadership, counselling, coaching, parenting, or teaching in order to:

- Bring about lasting change in individuals and organisations
- Create healthy personal and professional relationships
- Build positive emotions and the resilience to deal with painful ones
- Develop self-regard and grounded optimism

Graduates leave with the tools, practises, and research to support an increased capacity for health, strengthened resilience, deeper mindfulness, and greater levels of overall well-being.

Register online at:
www.wholebeinginstitute.com/cippau

A Whole-Person Experience

The course extends the dimensions of positive psychology with a rare whole-person approach. Rather than a cognitive-only perspective to the science of well-being, students follow the SPIRE methodology, which considers:

S

SPIRITUAL

Focusing on purpose and meaning. Knowing the values that drive your actions.

P

PHYSICAL

Cultivating positive regard for your body. Being aware of its ability to affect mind.

I

INTELLECTUAL

Stretching the mind by cultivating creativity and a love of learning.

R

RELATIONAL

Contributing to and benefiting from community. Nurturing a relationship with self.

E

EMOTIONAL

Reinforcing affirming emotions. Cultivating resilience to manage painful emotions.

Format

The course consists of 10 modules, including 2 onsite immersions, each 5 days in length, and 8 online modules of 6 weeks each.

The online lessons combine pre-recorded video lectures by Dr. Tal Ben-Shahar, live question-and-answer sessions via conference call with rotating faculty, reading assignments, forum discussions, homework, and small-group work.

Faculty



Tal Ben-Shahar, PhD,

co-founder of Wholebeing Institute, author of the international best-sellers *Happier, Being Happy*, and *Choose the Life You Want*, and a leading expert in positive psychology



Megan McDonough, CEO

and co-founder of Wholebeing Institute, and the award-winning author of *Infinity in a Box: Using Yoga to Live with Ease* and *A Minute for Me: Learning to Savor Sixty Seconds*



Dr. Maria Sirois, PsyD,

VP of Curriculum at Wholebeing Institute, master teacher at the forefront of wellness, psychology, and spirituality for more than two decades; and author of *Every Day Counts*



Megha Nancy Buttenheim,

MA, E-RYT, founder of Let Your Yoga Dance® LLC, master teacher at Kripalu, and creator of *Moontides*, *Power & Grace*, and *Introduction to Yoga and Meditation* CDs and DVD

Registration Information

Geelong Grammar School is a world-renowned leader in positive education. Set in a 642-acre bay side estate, overlooking Corio Bay and the town of Geelong, 70 kms from Melbourne, your well-being is supported by healthy meals made from wholesome, locally sourced food. The campus offers 39 acres of ovals and lovely gardens providing the perfect setting for walking or running. Amenities also include a well-equipped gym, heated indoor swimming pool, full sized tennis, squash and basketball courts. The dedicated yoga studio will host yoga and movement classes as an optional part of the course. Wi-Fi is provided throughout the campus.

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Geelong Grammar School

Register now
for the first-ever
Australia
location. Last 3
programs in the
US sold out.