



Certificate in
Wholebeing
 Positive Psychology

SESSION B

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