



SESSION A

Certificate in
Wholebeing
 Positive Psychology

Module 1 (online): Introduction to Wholebeing Happiness	Available upon registration.
Module 2 (online): What Makes Us Happy(er)	February 4–March 1, 2019
Break	March 4–8, 2019
Module 3: Onsite Residential Immersion	March 10–15, 2019
Break	March 18–22, 2019
Module 4 (online): Moving Towards Your Best Self	March 25–April 19, 2019
Module 5 (online): Living and Working Well with Others	April 22–May 17, 2019
Submit "Forever Project" Idea	May 20–24, 2019
Break	May 27–31, 2019
Module 6 (online): Realizing Dreams	June 3–June 28, 2019
Break	July 1–5, 2019
Module 7 (online): Resilience and Grit	July 8–August 2, 2019
Forever Project Presentations	August 5–9, 2019
Module 8 (online): Choosing Your Best Life	August 12–September 6, 2019
Break	September 9–13, 2019
Module 9: On-site Residential Immersion	September 15–September 20, 2019