



Certificate in
Wholebeing
 Positive Psychology

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| Module 1 (online): Introduction to Wholebeing Happiness | Prerequisite. |
| Module 2 (online): What Makes Us Happy(er) | March 4–30, 2018 |
| Break | April 2–6, 2018 |
| Module 3: Onsite Residential Immersion | April 8–13, 2018 |
| Milestone: Begin 30-Day Practice | April 16–20, 2018 |
| Module 4 (online): Moving Towards Your Best Self | April 23–May 18, 2018 |
| Module 5 (online): Living and Working Well With Others | May 21–June 15, 2018 |
| Milestone: Submit "Forever Project" idea | June 18–22, 2018 |
| Module 6 (online): Realizing Dreams | June 25–July 27, 2018 |
| Milestone: Submit "Forever Project" Revised Idea/Outline | July 30–August 3, 2018 |
| Module 7 (online): Resilience and Grit | August 6–31, 2018 |
| Break | September 3 – 7, 2018 |
| Milestone: Forever Project Presentations | September 10–14, 2018 |
| Module 8 (online): Choosing Your Best Life | September 17–October 12, 2018 |
| Break | October 15–26, 2018 |
| Module 9: Onsite Residential Immersion | October 28–November 2, 2018 |