



wholebeing institute

# Certificate in Whole-Person Positive Psychology

## Program Dates

A blended-learning  
(onsite and online) course,  
July 2014 to August 2015.

## Onsite Location

Ashridge Business School,  
Chiltern Hills, located  
30 miles north of London.

*“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.

Call to register: 00.1.541.239.3551  
or online: [www.wholebeinginstitute.com/cipp](http://www.wholebeinginstitute.com/cipp)

# 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

Ashridge Business School is set in a 150-acre country estate in the idyllic location of Chiltern Hills, 30 miles north of London. While you learn, your well-being is supported by healthy meals made from wholesome, locally sourced food. The surrounding gardens and woodlands are ideal for walking or running. Amenities include a well-equipped gym, heated swimming pool, squash courts, sauna, and steam bath.

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Ashridge Business School

Register by  
April 1, 2014  
**Save 20%**  
Register  
Today!