

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

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:

SPIRITUAL. Focusing on purpose and meaning. Knowing the

values that drive

your actions.

PHYSICAL.

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

INTELLECTUAI

by cultivating creativity

RELATIONAL

relationship with self.

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.

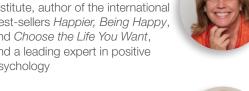
The online lessons combine pre-recorded video lectures by Dr. Tal Ben-Shahar, live questionand-answer sessions via conference call with rotating faculty, reading assignments, forum discussions, homework, and small-group work.

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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