

POSITIVE PSYCHOLOGY AND FLOW

Course foci + assignments

- * **Personal development**

- * through different exercises and reflection, using theories and tools of positive psychology, improving your well-being and creativity

- * **Understanding the work environment**

- * explore the relevance of a positive approach in the work field, with crucial implications for work relationships & leadership and consequently, for creativity and innovation
- * *Assignment 1: individual: portfolio (gratitude journal + exercises + reflection paper)*

- * **Design an intervention:**

- * carry out a project based on the principles of Appreciative Inquiry, designing and implementing an intervention for a particular group.
- * *Assignment 2: group: presentation of the Appreciative inquiry project*

Work forms

- * workshops
- * flipped class – you present
- * guest lecture
- * projects (in groups)

- * **Mindset:**
 - * Co-creation

Guest lecturers

- * Willem de Wijs: expert Appreciative inquiry consultant
 - * Guest lecture
 - * Feedback on the AI projects (mid-review and final presentation)
- * Gabi Hum: International Master Trainer and Supervisor; President of the Romanian Association of Positive Psychotherapy.
 - * Guest lecture

Course schedule

Session 1	Introduction positive psychology	Face to face	March 4
Session 2	Strengths exploration & Appreciative Inquiry	Face to face	March 11
Session 3	Guest lecture Willem de Wijs – Appreciative Inquiry + project preparation	Face to face	March 18
Session 4	Flipped class - Positive emotions in organizations	Face to face	March 25
Session 5	Mid-term presentations, project consultations: Willem and Cristina	Face to face	April 15
Session 6	Flipped class – Forgiveness and self-compassion	Face to face	April 22
Session 7	Guest lecture Gabi Hum – Positive self-development	Online	May 6
Session 8	Final presentations	Face to face	May 13

Classes are on Tuesdays 6-8.30pm

What the students say

- * *“The course was an eye opener for me. In my opinion, the guest lecture on AI and the additional readings were very interesting. Through the flipped classes I learned how to apply positive psychology in my professional and personal life, I think that the combination of these two is valuable. It was a great learning experience to organize the classes as well. The reflective individual assignment is very helpful I think to get new insights and the after-class exercises were useful for this. I found it also nice to be introduced to gratitude journaling as it increased my mental health and gave me a more appreciative perspective on life. Finally, the in-class debates or positive discussions on certain topics or questions were really nice.”*
- * *“I wanted to thank you for the opportunity to follow this honour course, it was life changing. I loved the use of the positive psychology website and your enthusiasm towards the topic. Overall, I am really happy and grateful to have participated in this interesting course.”*

Interested?

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