Positive Psychology Workshop

This is a four-week workshop that incorporates major principles from the field of positive psychology, with an emphasis on learning strategies that promote flourishing in day-to-day life. The four weeks will focus on:

- happiness
- gratitude
- strengths
- resilience

Date: Tuesdays, Weeks 6-9 (2/9, 2/16, 2/23, & 3/1)
Time: 3-4:15pm
Location: TMC Admin Building Conference Room 127

Drop-in workshop. No sign-up necessary.

Please direct questions to:
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