The science of positive psychology is changing the way we work, think and live. Research shows that happiness and wellbeing leads to sustainable success in nearly every area of life. New approaches are emerging that help individuals, businesses and communities flourish and function at their best.

- Organisations are realising the value of positive psychology to exceptional workplace performance.
- Educators are applying exciting new positive approaches to build flourishing futures for students and schools.
- Governments are measuring and promoting wellbeing as part of economic policy.
- Individuals and families want to live happier, more meaningful and fulfilling lives.

### Why study positive psychology?

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### Key benefits of this unique course

- Flexible, self-paced learning completed within a year.
- Specialisation in your area of expertise.
- Expert facilitation and support from inspiring and highly experienced positive psychology practitioners.
- Robust workplace and competency-based assessment.
- Practical tools you can apply for immediate results.
- Powerful personal development activities including wellbeing inventories, strengths assessment and coaching.

### Learning outcomes

The Diploma of Positive Psychology and Wellbeing equips you with the knowledge, skill and competence to apply positive psychology principles to increase individual, business and collective wellbeing. Career prospects will be enhanced in environments where capacity to build resilience, engagement and performance are required.

Candidates will learn to:

- measure and build individual, workplace and educational flourishing;
- plan, implement and assess positive psychology interventions and strategies.

Elective streams enable candidates to apply techniques in:

- positive coaching
- positive leadership
- positive human resource management
- positive education
- positive parenting
- positive communities.

### Credible qualification

The Diploma is a government-accredited qualification, recognised by the Australian Skills Quality Authority and approved by the British Psychological Society (BPS) Learning Centre for the purposes of Continuing Professional Development (CPD).

### Who should join?

- Coaches, organisational consultants, trainers
- Psychologists, Positive Psychology practitioners
- Human Resources Managers, learning and development managers, training managers, organisational development professionals
- Leaders, supervisors, managers, business owners and people who want to bring out the best in people or staff
- Employee wellbeing consultants, health and safety officers
- Teachers, Principals, school counselors, parents
- Policy makers, community workers
- Recent graduates of undergraduate or short courses who wish to increase their skills and use the qualification as a stepping stone for employment or a career in positive psychology
- Anyone who wants to apply positive psychology in their personal and professional life for wellbeing and flourishing
Expert **facilitators**

Specialist facilitators, coaches and learning professionals at Emotional Intelligence Worldwide will guide your learning. Our team live and breathe positive psychology, converting science into everyday language and simple, practical tools. The course is developed by Sue Langley, a leading advisor on the practical application of positive psychology. Sue is a speaker, author, researcher and educator in positive psychology and a Director of Wellbeing Australia.

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**Experiential delivery**

- Flexible learning to fit your lifestyle and work commitments; complete within 12 months at your own pace
- Six face-to-face days plus facilitated small group coaching (teleconference and webinar) with peer cohort support
- Personal Realise2 strengths assessment, premium report, one-on-one coaching debrief session
- Psychological and wellbeing assessments

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**Course outline**

10030NAT Diploma of Positive Psychology and Wellbeing

To be awarded the Diploma of Positive Psychology and Wellbeing participants must successfully complete eight units of competency made up of six core units and two electives. A robust self-paced assessment process will determine your competency.

**Core modules: face to face training**

- **Introduction to positive psychology.** Creating wellbeing in yourself and others and evaluating key principles and tools.
- **Positive emotion.** Building a positive climate with positive emotions and emotional intelligence.
- **Positive engagement.** Increasing engagement through flow activities and a strengths-based approach to wellbeing.
- **Positive meaning.** Developing meaning and purpose, encouraging values-based mindset and behaviour.
- **Positive relationships.** Enhancing communication, growing connections and supporting flourishing.
- **Positive goals.** Setting goals and motivating others to enhance life satisfaction, accomplishment and resilience.

**Elective modules: by webinar**

- **Positive coaching.** Applying positive psychology to increase coaching effectiveness, facilitate positive mindset and action.
- **Positive leadership.** Creating positive cultures and generating exceptional performance as a leader.
- **Positive parenting.** Developing and teaching a positive parenting style, building growth mindset and resilience.
- **Positive communities.** Building social capital, engaging communities and informing government policy.
- **Positive education.** Implementing positive psychology in educational settings, promoting social and emotional literacy.
- **Positive human resource management.** Positive organisational scholarship to attract, recruit, retain and develop people.

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**Enrol now**

**Upcoming courses in**

- Sydney, Melbourne, Brisbane, Adelaide, Auckland,
- Vancouver, Toronto, San Francisco, Amsterdam and London

Six-days intensive training plus webinars and workplace learning.

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- **t:** +61 2 9398 1850
- **e:** contact@langleygroup.com.au
- **w:** www.langleygroupinstitute.com

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**The Langley Group Institute** is an Australian nationally recognised Registered Training Organisation (40655) dedicated to inspiring individuals, teams and organisations to realise their potential through positive, evidence-based personal and professional development.

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**emotional intelligence worldwide** partners with the Langley Group Institute to deliver high-value training and assessment based on positive psychology, emotional intelligence and neuroscience.