



The Real Impact of Positive Psychology Education

**Voices from the Field – Real Stories.
Measurable Change.**

The Science of Flourishing: Transformative Journeys

What changes when you learn the science of flourishing? This presentation explores the transformative journeys of Langley Group Institute graduates and their ripple effects.



Educational Journey

Individuals who have studied positive psychology through the Langley Group Institute (RTO 40655) experience profound personal transformation through evidence-based approaches to wellbeing.



Professional Impact

Graduates create ripple effects across various professions, implementing wellbeing strategies and positive psychology principles in their work environments.



Global Reach

The impact extends across communities and borders, as graduates share their knowledge and create positive change in diverse contexts worldwide.

The insights shared come from surveys conducted in May/June 2025 with 86 graduates of the 11069NAT Diploma of Positive Psychology and Wellbeing. Participants completed a reflective survey and the Work on Wellbeing Assessment (Jarden, 2013), the same evidence-based tools used throughout the course, to measure both personal and professional changes over time.

A Shift That Starts Within

Something happens when a person begins to understand the science of what helps humans thrive.

They start to notice how their language shapes relationships.

How emotions ripple through teams.

How meaning shows up in small, often overlooked moments.

They begin to lead differently, with presence, clarity, and grounded optimism.



Language Awareness

Recognising how words and tone create connection or distance in relationships, learning to communicate with intention and care.



Emotional Intelligence

Developing heightened awareness of emotional states, both personal and in others, and how these influence team dynamics and outcomes.



Meaning-Making

Discovering significance in everyday experiences, connecting daily actions to deeper purpose, and cultivating appreciation for life's subtleties.



Learning in the Middle of Real Life

Most people begin this learning in the middle of life, often when things feel hard. We've seen people start in grief, burnout, or transition, and find tools to navigate it with more care.

"I thought this would help me at work. I didn't expect it to change how I parent. Or how I speak to myself."

+22% Resilience

Participants reported significant improvement in their ability to bounce back from setbacks and manage life's challenges.

1

+18% Flourishing

Overall wellbeing and life satisfaction measures showed meaningful increases across multiple domains.

3

+14.5% Self-Determination

Participants reported significant improvement in their ability to manage their own goals and motivation.

5

+19% Health & Lifestyle

Participants demonstrated greater job satisfaction and commitment to their current roles after completing the programme.

2

+15% Work Wellbeing

More than half of participants developed effective strategies for handling pressure and maintaining balance.

4

-12% Flight Risk

Participants demonstrated greater job satisfaction and commitment to their current roles after completing the programme.

6

Real People. Real Change.

The learning doesn't stay in a workbook. It moves.

It shows up in how people lead meetings, design culture, write policies, and care for others.

These graduates brought the science of wellbeing into coaching, education, and health, with ripple effects that still unfold.



Nicole Treasure – Strengths-Based Executive Coach

"The Diploma gave me credibility. The Cert IV gave me tools I use daily. Having a well-stocked coaching pantry means I can always offer something of value."

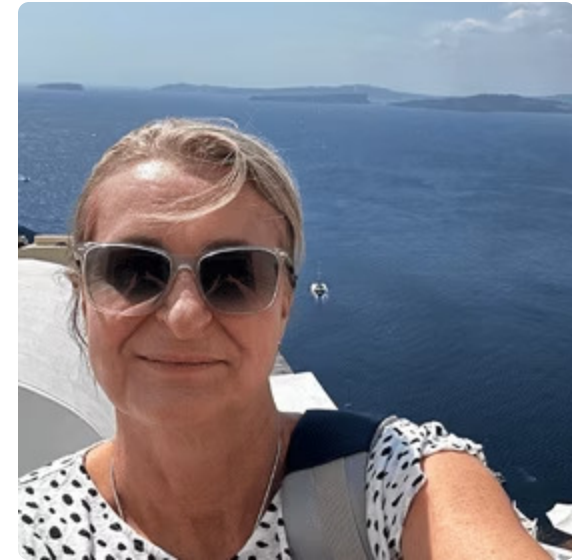
Nicole built a thriving strengths-based practice, transforming how executives understand and leverage their natural talents.



Amy Green – Educator and Author

"I feel a huge sense of purpose in helping educators understand who they are, how they show up, and how that influences students."

Amy led a national teacher wellbeing movement, creating resources that help educators thrive despite the challenges of their profession.



Diane Flood – Emergency Physician

"I completely immersed myself in this experience and bonded with others who had the same needs. I'm seeing the small wins and daily positives now, and it's improved everything."

Diane built resilience into her Emergency Department team and family life, finding ways to thrive in high-pressure environments.

Real People. Real Change.

Some graduates redesign workplaces. Others bring wellbeing into consulting, resilience advocacy, or systems-level leadership.



Anna Broadhead – Co-Founder, HR and Wellbeing Firm

"It's been a catalyst for positive change. Our mission now is to identify psychosocial hazards and minimise them by creating cultures of safety and care."

Anna launched a consultancy focused on psychosocial safety, helping organisations create environments where people can thrive.



Julie Luffman – Grief and Growth Advocate

"Positive psychology is about understanding yourself, building strengths, and developing resilience to navigate life's challenges. It helped me see there is always the possibility of hope."

Julie turned grief into a story of healing, creating resources that help others find strength in their darkest moments.



David Arnold – Senior Change Management Business Partner

"The ripples began before I even left the classroom. I describe my experience as professionally significant and personally meaningful."

David shifted into change leadership with impact, bringing positive psychology principles into government systems and processes.

Real People. Real Change.

This learning travels across professions, cultures, and borders, shaping businesses, psychology practice, and entire communities.



Kate Meyer – Psychologist

"I like to think that every single thought and every single action creates a ripple effect... and small ripples can lead to big waves."

Kate has integrated positive psychology principles into her clinical practice, helping clients build on strengths rather than just addressing deficits.



**Chris Talbot – Director,
Legal & Financial Services**

"It went beyond an academic course and beyond a career course to profoundly change who you are."

Chris transformed his approach to leadership in the financial sector, creating more engaged teams and sustainable business practices.



**Jutamas Jan Wisansing –
Founder, Thailand**

"This programme is helping community members and leaders realise their full potential. I've now shared it with over 500 people in rural Thailand."

Jan has created a movement of positive change in rural communities, adapting the principles to local cultural contexts.

Growth That Supports the Whole Person

52.3% adopted new, sustainable wellbeing habits

55.8% improved how they manage pressure and stress

54.7% found renewed purpose and balance in life

While professional change is clear, personal transformation is just as powerful:

"It changed how I lead, how I parent and how I manage pressure. This wasn't just learning. It was life-shifting."

These outcomes reflect the strength of learning that is rigorous, reflective and embedded into real life.



From Personal Growth to Systems Change

Graduates don't just shift personally. They spark change in their teams, schools, hospitals, and systems.



Workplace Transformation

Created significant positive change in their organisations



Improved Morale

Reported better team spirit and engagement



Reduced Burnout

Decreased symptoms of exhaustion and cynicism



Policy-Level Change

Influenced organisational or governmental policies



Wellbeing Programmes

Launched formal initiatives to support flourishing



Lucy Le Messurier Scott

Chief Creative Officer, e-Learning

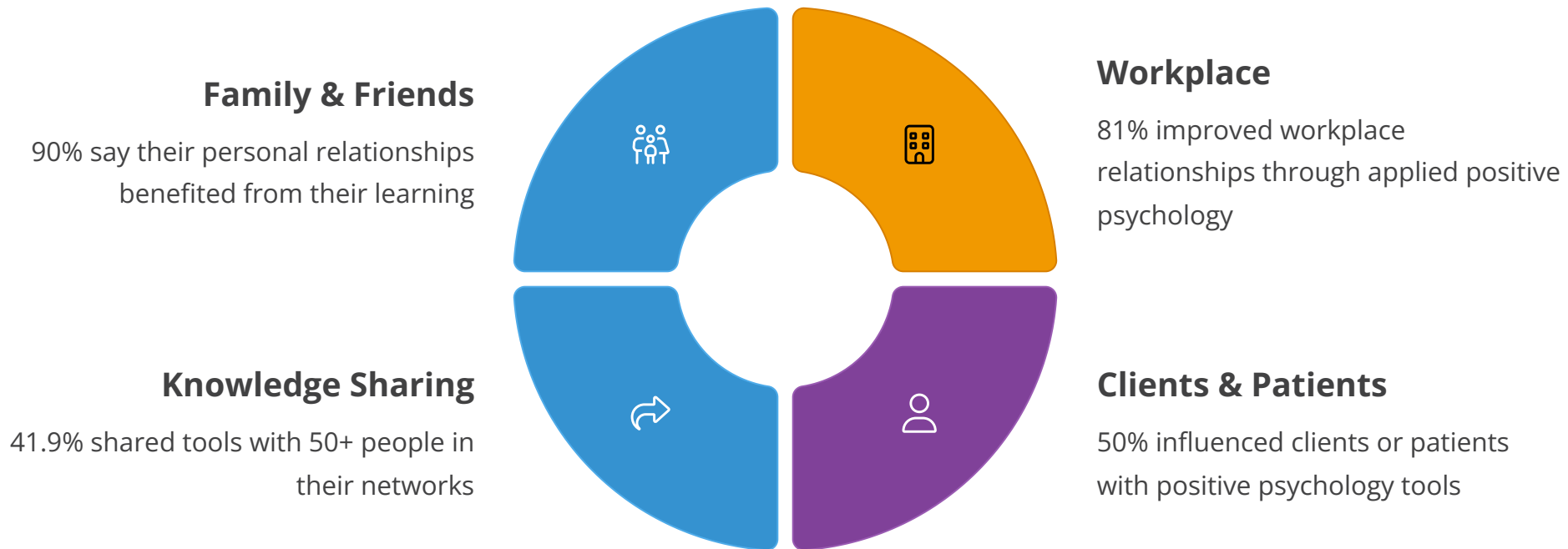
Redesigned team roles for real engagement, creating systems that support both productivity and wellbeing.

"We rewrote our team induction. Wellbeing is now foundational, not an add-on."

This exemplifies how graduates move beyond personal application to create structural changes that embed wellbeing into organisational DNA. By redesigning processes, policies, and systems, they ensure that positive psychology becomes part of the foundation rather than a temporary initiative.

Reach That Ripples Outward

This is how change spreads. The impact of positive psychology education extends far beyond the individual, creating waves of transformation through relationships, workplaces, and communities.



Using the Christakis & Fowler network model, the extended reach of this programme is estimated to have touched over **4.3 million people** through conversations, initiatives and behaviour change.

And it's not just meaningful. **It's rated world-class with a Net Promoter Score of +84.**

The Language of Credibility



Tess Brouwer

Chief Energy Officer, Awake Academy

"We were already transforming lives, yet the Diploma gave me the language, credibility, and science to explain why."

"This knowledge has empowered our team to create deeper connections and more sustainable impact in everything we do."

World-class satisfaction

Our programmes consistently achieves exceptional student satisfaction ratings, positioning us among the top educational experiences globally.



Net Promoter Score: +84

This NPS score demonstrates remarkable advocacy, with graduates enthusiastically recommending our programmes to colleagues and friends.

Shared

Graduates actively disseminate positive psychology tools and insights throughout their networks, creating ripple effects that touch thousands of lives.



Applied

Our focus on practical implementation ensures graduates immediately integrate positive psychology principles into their personal and professional contexts.

Trusted

Organisations and individuals rely on our evidence-based approach, recognising the scientific foundation and real-world efficacy of our methodologies.



What Could This Learning Open Up for You?

If you're ready to lead with more clarity, purpose, and impact...
Take the next step.

Personal Transformation

Take the chance to develop deeper self-awareness, emotional intelligence, and resilience that extends beyond work into every aspect of life.

Professional Growth

Gain evidence-based tools and frameworks that enable you to create positive change in your organisation and advance your career.

Community Impact

Join a global network of practitioners creating ripple effects of wellbeing that extend far beyond their immediate influence.

Lasting Legacy

Build skills and knowledge that allow you to contribute meaningfully to others' flourishing throughout your life and career.

Our comprehensive programmes provide both the scientific foundation and practical application skills to make a meaningful difference, whether you're an educator, coach, healthcare professional, business leader, or change-maker in any field.



Take Your Next Step

A Quiet Revolution in Wellbeing Leadership

This is more than professional development. It is a structured, evidence-based journey that equips people to lead change from within. With growing demand for emotionally intelligent leadership and psychologically safe workplaces, the **11069NAT Diploma of Positive Psychology and Wellbeing** offers a credible and proven pathway forward.

If you're curious about what it means to lead with wellbeing, or how to build capacity that strengthens your career and culture. You're invited to explore further.



Book a Chat

15 minutes. Real conversation. No pressure.

Connect with one of our programme advisors to discuss your goals and how our courses might align with your vision for growth.



Download the Course Guide

Explore the structure, science, and stories behind our programmes.

Get detailed information about curriculum, learning outcomes, graduate experiences, and practical applications of our courses.



Visit Our Website

langleygroupinstitute.com

Learn more about our accredited courses and ripple projects. Discover upcoming events, free resources, and ways to connect with our community of practitioners.

Join over 1,000 graduates who have transformed their personal and professional lives through the science of flourishing. Your journey toward greater impact begins with a single step.

Book a Chat

Download Guide