


'Wellbeing & Happiness Skills for Teenagers'
Secondary School video programme

Videos with Lesson Plans, Handouts & Assessments
Based on Positive Psychology

5-7pm Wexford Educational Centre, Enniscorthy www.ecwexford.ie

**TURN TO OPTIMISM – USING POSITIVE PSYCHOLOGY
IN THE CLASSROOM – TUESDAY 14TH MAY** 


This 2 hour practical workshop will teach you how to use positive psychology in your classroom and how to turn negative experiences/problems into Positive Learning Experiences. Facilitator: Michaela Arlund – Msc Positive Psychology. Creator of Wellbeing and Happiness Video for Schools and Author of Happiness Skills based on Positive Psychology. see www.WellbeingSkills.me

More information: www.wellbeingskills.me Michaela Avlund 086 1692506

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