An Introduction to Positive Psychology and the Weaving Well-Being Programme

This course will provide an overview of Positive Psychology, which is the science of well-being. We will explore how Positive Psychology can enhance well-being in schools and gain practical ideas for use in the classroom. Many of the concepts and ideas from The Weaving Well-Being programme, a multi-year SPHE programme based on Positive Psychology, will also be outlined and explored.

Topics include:

- An overview of Positive Psychology and PERMA theory
- Understanding and Enhancing Well-Being in Schools
- Creating a Whole School Climate of Well-Being
- The Power of Positive Emotions
- Celebrating Character Strengths
- Building Resilience
- Self-care and Teacher Well-Being
- An Overview of the Weaving Well-Being Programme

Venue: Carrick-on-Shannon Education Centre  
Dates: Thursday 12\textsuperscript{th}, 19\textsuperscript{th} & 26\textsuperscript{th} March 2020  
Time: 6.30 pm to 8.30 pm  
Facilitators:  
Session 1 - Fiona Forman (Co-Author of Weaving Well-Being)  
Session 2 & 3 – Regina McLoughlin  
Enrol on: https://www.carrickedcentre.ie/