Syllabus

Cultivating Core Strengths & Building Positive Emotion

Reconnect with your core character strengths and discover new ways to activate them to create greater well-being and increased engagement with life. Research shows it's easier to generate new pathways in the brain versus trying to change old ones based on habits that no longer serve us. This course invites you to take a fresh look at your strengths and explore how to use them differently. We'll also learn about research-based practices that build positive emotion and the benefits that arise from them. Using the work of researchers Martin Seligman, Ph.D., Barbara Fredrickson, Ph.D., Robert Emmons, Robert Vallerand, Ph.D. and others, this experiential course also builds a sense of community in the classroom.

Specifically, you will:
- identify core strengths in yourself and others using a self-assessment tool,
- uncover current uses of your own and others' strengths,
- discover new ways to use strengths with greater frequency and awareness,
- use evidence-based practices that build positive emotion and increase resilience and optimism.

Instructor
Lauren Vanett, M.A., ph: (415) 233-8859; email: Lvanett22@gmail.com

Dates and Time
Thursdays, March 30 – May 4, 2017 1:00 am – 3:30 pm

Course Format/Method of Instruction
Lecture, individual and group activities, and individual sharing

Course Expectations
Participants are strongly encouraged to:
- Attend all class meetings
- Actively participate in class
- Experiment with strategies, complete assignments and share discoveries

If you have to miss a class, if possible, please contact Lauren prior to the class meeting at: Lvanett22@gmail.com