Beyond Positive Thinking: Happiness, Optimism, and Resilience

Tuesdays, January 12 and 19, 12:30 – 1:30 p.m.

Positive psychology, known as “The Science of Happiness”, started 10 years ago when psychologists said, “We know a lot about how to fix what’s wrong with people, but how do we build what’s right with people. Discover cutting edge findings about the science of gratitude, forgiveness, hope, strengths, resilience, optimism and more. Learn what research now substantiates about authentic happiness – congruent with the teachings of our Christian faith.

Positive psychology is practical. Come with a pad and pen; leave with a step-by-step plan for a happier and more empowered you! The second week will build on the first but all are welcome to attend one or both. Our guest speaker, Emiliya Zhivotovskaya has a Master’s Degree in the new field of Positive Psychology founded by Martin Seligman, past president of the American Psychological Association. Emiliya heads up a New York City based coaching practice called Flourish, inc.

Bring your lunch to the Mackay Campus Center Main Lounge for these first presentations in a new, monthly lecture series on aspects of health and wellness sponsored by the Office of Student Counseling and Human Resources for the entire PTS community.