



## BRING THE POWER OF POSITIVE PSYCHOLOGY INTO YOUR CLASSROOM

### TRAINING

16 live weekly online training classes.

### TOOLKIT

250+ teaching animations, worksheets, lesson plans, games.

### COMMUNITY

Collaborate in a fun learning environment.

**THE NEXT PROGRAM IS STARTING SOON**

**Register at [www.PositiveEducator.org](http://www.PositiveEducator.org)**



### EMPOWER STUDENTS TO:

- Boost Emotional Intelligence
- Improve Classroom Behavior
- Develop Goal Setting Skills
- Increase Resilience Skills
- Boost Self-Regulation
- Build Growth Mindset
- Prevent Hopelessness
- Raise Test Scores
- Increase Optimism
- Reduce Anxiety
- Increase Focus
- Reduce Bullying

**LIMITED SPOTS AVAILABLE**

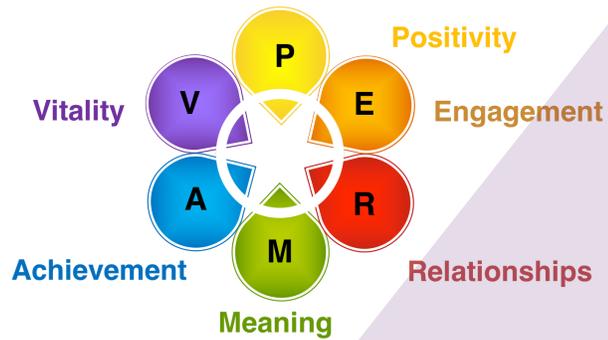
[info@thecenterforpositiveeducation.com](mailto:info@thecenterforpositiveeducation.com)



PEC  
ONLINE  
PROGRAM

# ABOUT THE TOOLS

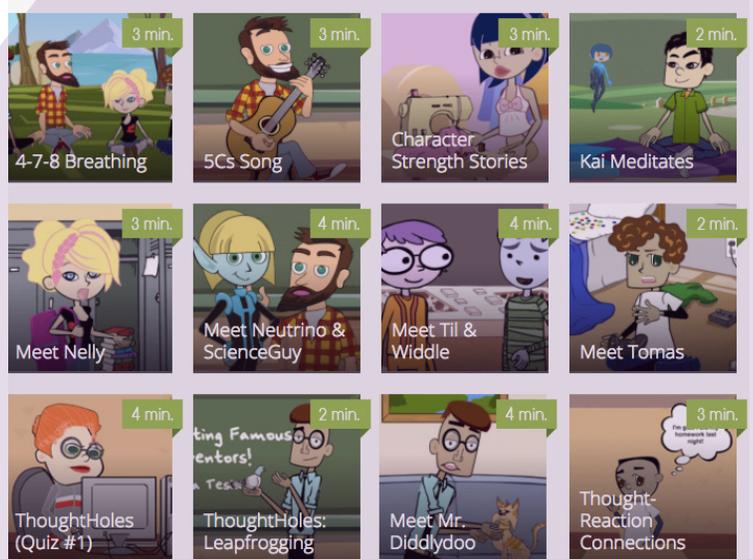
## THE PEC PROGRAM USES TOOLS FROM



For over a decade The Flourishing Center has been providing training and professional certifications for practitioners of positive psychology. Its renowned program is offered in 12 cities across the U.S. and Canada, as well as online internationally. Practitioners are trained in the PERMA-V Model of flourishing and the skills that enable individuals and organizations to thrive. The Flourishing Center's framework is used in all Center for Positive Education certifications.



GoZen! is the leader in positive psychology education for children. With its unique and lovable characters, the science of happiness and wellbeing is brought to life through cartoons, animations, stories, games and more. All the activities speak to the real life issues children face; everything from worry, to self-doubt, stress and embarrassment. GoZen! turns research into powerful, engaging animations that kids can't resist.





**PEC**  
ONLINE  
PROGRAM

2022

# PROGRAM

## ABOUT THE POSITIVE EDUCATOR CERTIFICATION

The Positive Education Certification (PEC Program™) is a 64-hour training program consisting of 32 live hours, pre-recorded online learning and ready to plug and play tools. Drawing on tenants of wellbeing science including Positive Psychology, Positive Education, Neuroscience and Integrative Health, students are equipped to build positive emotions, willpower, grit, emotional regulation, resilience, mindfulness, growth mindsets and strengths in the K-12 classroom. Learn to create learning environments that foster belonging, engagement, kindness and vitality. And most importantly, Certified Positive Educators will build their own toolkit of self-care strategies within a fun and supportive community from all over the world.

## DETAILS

The PEC Program meets online, via Zoom. Classes are held once a week for two hours, for a total of 16 sessions. Teachers, parents, coaches, and other influencers in young people's lives are welcome. Participants will complete weekly "quests" to deepen their learning and create a final project which will support them in uniquely bringing positive psychology into their school.

**THE NEXT PROGRAM IS STARTING SOON**  
**Check out the upcoming start dates on our website**

[www.PositiveEducator.org](http://www.PositiveEducator.org)

## TUITION

Early Bird: **\$1,500 USD is available until 3 weeks before the start date.**

Regular: **\$1,800 USD**

**Limited to 30 spots**

## HOW TO REGISTER

Register at +1 (760) EDUCATE or  
[www.PositiveEducator.org](http://www.PositiveEducator.org)  
[www.TheCenterForPositiveEducation.com](http://www.TheCenterForPositiveEducation.com)





# SYLLABUS

## MODULE 1

### Introduction &

- What is Positive Psychology?
- Impact of Pos Ed. in the classroom.
- The role of positivity in flourishing, wellbeing and character building.

## MODULE 2

### Positivity 1 & Engagement 1

- How to use Broaden & Build and Narrow & Focus
- The science of gratitude
- Self regulation and Willpower
- Energy depletion and repletion

## MODULE 3

### Relationships 1 & Meaning 1

- The power of inducing a sense of belonging in the classroom
- The importance of building social capital
- Buffering stress and increasing resilience through meaning.

## MODULE 4

### Achievement 1 & Vitality 1

- Academic excellence through positive interventions
- The autonomic nervous system and the stress response
- Teaching children to self-soothe and self-care.
- Breathing tools to regulate energy.

## MODULE 5

### Positivity 2 & Engagement 2

- Introduction to resilience skills
- Building emotional intelligence by working with thoughts and feelings
- Preventative Cognitive Behavioral Therapy

## MODULE 6

### Relationships 2 & Meaning 2

- Building social connections
- Self Compassion
- Working with the storytelling brain.
- Help kids make sense of their world.
- Working through the past and setting goals for the future.





# SYLLABUS

## MODULE 7

### **Achievement 2 & Vitality 2**

- Integrating classroom energy breaks. Movements impacting mood/focus.
- Self Efficacy and Goal Setting
- Understanding brain chemistry
- Mental contrasting

## MODULE 8

### **Positivity 3 & Engagement3**

- The 5Cs of mindfulness/resilience.
- Reframing Thoughts
- Brain biases and heuristics
- Disputing beliefs to build resilience

## MODULE 9

### **Relationships 3 & Meaning 3**

- Cultivating curiosity as the antidote to judgments
- Teaching empathy and compassion.
- Working with introversion, extroversion
- Compassionate communication.

## MODULE 10

### **Achievement 3 & Vitality 3**

- Teaching children thought holes and thinking traps.
- Using somatic psychology.
- Movements for creating calm or energy.

## MODULE 11

### **Positivity 4 & Engagement 4**

- Brain regions and worry
- Understanding and working with worry
- Tools to deal with worst case thinking

## MODULE 12

### **Relationships 4 & Meaning 4**

- The science of growth mindset
- Building growth mindset and redirecting fixed mindset
- How praise and criticism impacts mindset
- Shifting Mindset





# SYLLABUS

## MODULE 13

### **Achievement 4 & Vitality 4**

- The power of uncovering Purpose
- Nurturing passions in children
- Creating rituals
- How habits work
- Meditation practices for classroom use

## MODULE 14

### **Positivity 5 & Engagement 5**

- Introduction to character strengths.
- Strengths-based parenting and teaching
- Increase engagement by understanding Flow Theory
- Redirect anxiety and boredom into opportunities for flow.

## MODULE 15

### **Relationships 4 & Meaning 4**

- Forgiveness
- Building trust and community
- Forgiveness Interventions

## MODULE 16

### **Achievement 4 & Vitality 4**

- Cultivating Grit
- Ways to Boost Motivation
- Recap



## Meet our Founders



### **Emiliya Zhivotovskaya, MAPP, MCC**

Emiliya is Co-Founder of The Center for Positive Education and the CEO and founder of The Flourishing Center, a New York City based, Benefit Corporation (B-Corp) that is dedicated to increasing the flourishing of individuals, organizations and communities world wide. She holds a Masters in Applied Positive Psychology and is a Master Certified Coach. Emiliya is the creator of the acclaimed Certification in Applied Positive Psychology (CAPP) program, which has trained over 1,600 practitioners in 53 countries around the world. Emiliya is driven by a mission to train the change agents of the world to spread the skills of positive psychology.



### **Renee Jain, MAPP**

Renee Jain is Co-Founder of The Center for Positive Education and one of the nation's most respected childhood happiness and resilience experts, and the founder of GoZen! She uses her many talents, specialized education, and business acumen in pursuit of her life's mission: To provide whole-brain education to all children, regardless of where they live or of their families' socioeconomic background. Renee is recognized as a pioneer in combining technology and child psychology in a unique approach that nurtures the hearts and minds of kids.

## Meet our Faculty



### **Lina Maria Aristizabal, MSc, CAPP, BEd**

Lina Maria is the Lead Trainer at The Center for Positive Education, as well as a certified teacher, wellbeing coach, and educator. She is committed to transforming schools into environments where children and youth are given the tools and practice to become their best selves, for themselves, for each other, and for the greater community.