

Positive Psychology: Bring the Science of Well Being into Your Life

Tuesday, September 26th
6pm to 9 pm

**St. Louis Counseling and Wellness in Richmond Heights:
1053 South Big Bend Blvd, Suite 200, STL 63117**

Presented by Teresa Kleffner, St. Louis Counseling and Wellness



Positive Psychology is a newer branch of psychology that focuses on the science of well being. Researchers have been gathering data on the portion of the population that thrives in the face of difficulties. Positive Psychology aims to identify and enhance the human strengths and virtues that make life worth living and allow individuals to thrive.

During this 3 hour course, you will learn practical tools to enhance your life.

- Discover the elements of well being
- Identify the barriers to well being
- Determine your signature strengths and how to bring them into your day to day
- Increase positive communication in your relationships
- Increase your positive emotions
- Savor your accomplishments
- Learn the benefits of engagement and how to increase flow in your life
- Explore the importance of meaning and purpose in your life
- Discover the benefits of using gratitude to increase your well being



To register, please call Teresa at 314-322-2885 or email teresa@stlcw.com. You can also register at www.stlcw.com

Cost of the program is \$60. Register and pay by 8/29 and receive a \$10 discount. Payment due at time of registration as seating is limited.