St Catherine’s School and the Positive Psychology Center at the University of Pennsylvania are excited to offer the Penn Positive Psychology Program for Educators as part of a worldwide initiative to change the future of education.

This is an excellent opportunity for teachers and school staff from across Australia to master Positive Psychology skills. This state-of-the-art, evidence-based program will be taught by world-leading researchers and instructors from the Penn Positive Psychology Center. Participants will come away with practical skills that strengthen their ability to overcome adversity and challenges, manage stress, and thrive in the classroom and everyday life.

Positive Psychology principles and skills taught in the program include:

- Strategies to increase resilience, engagement, and well-being
- Techniques to identify and develop character strengths
- Skills to increase optimism, gratitude, and other positive emotions
- Strategies to improve communication and relationships