

Life Navigation

A Positive Psychology Curriculum

Syllabus



PositivePsychology.com

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What is the Life Navigation program?

The Life Navigation program[®] is an extensive positive psychology curriculum that teaches a diverse range of science-based, effective strategies to structurally improve the wellbeing of clients using the latest insights from the field of positive psychology.

Positive psychology aims to identify positive human characteristics that promote wellbeing. These characteristics are referred to as “strengths.” Examples of strengths include gratitude [1], optimism [2], and self-compassion [3].

Strength-based practice is based on the view that the identification and utilization of a client’s strengths will allow them to regain power over their

lives [4]. Strength-based practice means that attention is devoted to what is already working, positive exceptions to problems, and coping strategies that the client is already using [5].

Practitioners who apply strength-based practice have described strength work as having many advantages. A strength perspective builds trust in the relationship with the client. Moreover, it motivates clients, instills hope, and demonstrates the practitioner’s hope for and belief in the client. Practitioners have also indicated that incorporating strengths in interventions broadens the perspective of clients about themselves, about the problems

they wish to address, and about how change could take place [6].

The Life Navigation[®] program teaches you how to operate from a strength perspective and structurally enhance the autonomy of clients by addressing eight key domains of wellbeing: life balance, emotional intelligence, valued living, self-acceptance, strengths, resilience, supportive relationships, and goal achievement.

About the instructor



Hugo Alberts, Ph.D.

Hugo Alberts, PhD, is a psychologist, researcher, and former professor of psychology at Maastricht University, The Netherlands. His fields of expertise are mindfulness, self-regulation, and positive psychology, and he has authored over 25 internal publications in academic journals and books on these topics.

Currently, Hugo is an instructor and course designer at PositivePsychology.com. He has over 18 years of experience in teaching psychology to a diverse audience, including university students, researchers, and helping professionals. Since 2012, Hugo has focused on designing and teaching educational programs on positive psychology for students and helping professionals, which have been followed by over 10,000 learners.

As a psychologist, his work with clients is characterized by a strength-based approach. His science-based educational programs are infused with personal insights from working with clients.

Science, practice and interaction

Science

First and foremost, the Life Navigation® program is a science-based curriculum. The scientific literature is the backbone of this program, and all claims are backed up by scientific references and an extensive reading list. We have included scientific handbooks where you can find the sources of the information presented in our program. In addition, our team of scholars is ready to answer any questions that you may have regarding the science behind the content in the learning environment.

Practice

All masterclasses include a wide variety of science-based practical tools. These tools allow you to translate the insights from the masterclasses directly to a practical context. Demonstrations and evaluations of the practical tools are included in the video lessons. In addition, any questions that you may have regarding the application of these tools can be posted in our learning environment and will be answered by our team of experts.

Interaction

Even though this is a self-paced program, you are not left to your own devices. We welcome participant interaction to create a collaborative learning environment, and our team is on hand to answer any questions or clarify any doubts you might have about the program content. Using our community and commenting functionality, you can easily interact with and ask questions to our team of experts. Within three business days, the team provides an extensive individual reply to every question that we receive. information presented in our program.



The sailboat metaphor



The Life Navigation[®] program introduces a new, science-based method for understanding and applying positive psychology. The Sailboat Metaphor[®] provides an easy-to-understand and comprehensive structure for addressing the essential elements of wellbeing and their interrelations.

This metaphor compares human functioning to the interaction of a captain with eight different elements of their sailboat. The structure of this metaphor creates order in the diverse range of techniques and theoretical constructs. In addition, it offers clients an intuitive perspective on human functioning that captures the complex nature of wellbeing without the need to understand the theoretical and scientific underpinnings of the various processes involved.

In summary, the metaphor:

- Offers a practical method for applying positive psychology
- Gives clients an intuitive way to share experiences
- Creates a clear structure in the vast field of positive psychology
- Helps clarify the complex interrelations between various concepts

The metaphor serves as a framework throughout the program.

9 essential themes

The Life Navigation[®] program consists of nine different masterclasses, each covering one essential theme in the field of positive psychology. The masterclasses are structured in a consistent way, with The Sailboat Metaphor[®] serving as a recurring coaching framework throughout all lessons. Each masterclass addresses a specific element of The Sailboat Metaphor[®]. Brief overviews of all the masterclasses are described below.



1. Introduction to positive psychology

In this first course, we introduce the field of positive psychology. The questions that positive psychology aims to answer are: What are the characteristics of people with high levels of happiness or “subjective wellbeing?” What are the qualities of people who manage their troubles effectively? In other words, what strengths do these people possess? Moreover, we make a distinction between the first and second wave of positive psychology, where the latter has adopted a more balanced perspective on wellbeing and human functioning.

This course also introduces The Sailboat Metaphor[®]. This metaphor compares human functioning to the journey of a sailboat and offers a multifaceted and easy-to-understand structure for addressing the essential elements of wellbeing and their interrelations. The metaphor will serve as a framework throughout this series of masterclasses.



2. Balancing Life Domains

Life domains are the different areas of our lives, such as our friends, work, hobbies, etc. Studies show that life balance, the ability to divide attention between our most valued life domains, is associated with higher levels of wellbeing. In this masterclass, we address the role of attention, the subjective evaluation of life domains, the role of need fulfillment, and actions that are required for the creation of life balance.



3. Emotional Intelligence

Emotional intelligence (EI) refers to the ability to understand and manage emotional encounters. Individuals who score highly on emotional intelligence are better able to handle everyday stress, foster a greater number of meaningful close relationships, are more socially competent, and experience higher levels of wellbeing. In this masterclass, we provide a scientific definition of EI, address the different processes that underlie the construct, and introduce a wide range of practical tools for increasing EI.



4. Meaning and Valued Living

With increasing rates of depression, substance misuse, suicide, divorce, and burnout around the world, feelings of isolation and meaninglessness are more pervasive than ever. This masterclass covers the complex construct of meaning. More specifically, it begins by addressing the problem of defining meaning, different types of meaning, and ways to increase meaning in life. After covering the concept of meaning, the inherent link between values and meaning is introduced. We discuss the definition of values, the importance of paying attention to values, beliefs about values, different types of motivation underlying values, and ways to promote value-congruent behavior.



5. Self-acceptance

Countless people are suffering from low self-esteem. Tormented by feelings of low self-worth and negative self-talk, they enter the search for self-esteem. And yet, this very search is one of the greatest threats to wellbeing. The ongoing attempt to convince ourselves that we are worthy inevitably sets the stage for failure. We simply cannot always live up to the standards that make up high self-esteem. Research findings consistently show that there is a far healthier alternative to self-esteem: self-acceptance. This masterclass will help you support your clients to successfully build a healthy relationship with themselves, by increasing self-acceptance and building self-compassion.



6. Maximizing Strengths

Positive psychology is concerned with positive human traits. Rather than merely focusing on what is wrong with people and fixing their problems, positive psychology aims to identify positive human characteristics that promote wellbeing. These characteristics, referred to as “strengths,” are explored in depth in this masterclass. First, we explain the concept of strength. In the remaining modules, we focus on several skills and abilities that are at the core of optimal strength use. More specifically, we address the extent to which we devote attention to our strengths, the beliefs we hold about our strengths, our motivation for using our strengths, and how to regulate our strengths in a way that prevents underuse or overuse.



7. Realizing Resilience

The study of psychological resilience aims to understand why some people can withstand – or even thrive upon experiencing – difficult life events. A resilient person can quickly bounce back from adversity and positively adapt to the novel demands of the situation. This masterclass addresses the construct of resilience and introduces several key skills and abilities that have been found to promote resilience. More specifically, we address the extent to which attention is directed at positive and negative events, the interpretation of these events, the ways in which individuals deal with them, and the motivation for dealing with them in a particular way.



8. Positive Relationships

Humans have a strong need to belong and value their connection with others. Christopher Peterson, one of positive psychology’s most prestigious researchers and promoters, famously said, “Other people matter.” [7]. With this quote, Peterson powerfully summarized decades of wellbeing research showing that the key contributing factor to personal happiness is the social relationships we build. Also, social relationships are an invaluable resource in difficult times. Research has consistently shown that having a positive, supportive network is one of the essential characteristics of resilient people. In this masterclass, you will learn the key principles of relationships that promote human flourishing and gain access to hands-on tools to help your clients discover and invest in social bonds that matter.



9. Motivation and Goal Achievement

People differ greatly in their ability to plan and look ahead. While some people live their life with a clear vision, others wander through life aimlessly. Decades of research show how much the types of goals people set matter. Some goals are better for people's mental health, personal growth, and wellbeing than others because they better express a person's underlying interests, values, talents, needs, and motives. This masterclass addresses the key principles underlying proper goal setting and goal striving, different types of motivation, and ways to effectively realize goals.

Learning Objectives

The Life Navigation program provides learning for continuing education in the field of positive psychology, through both a theoretical and practical framework. The learning objectives on this page and the following pages clearly describe what you will know or be able to do as a result of completing each module of the program.



Masterclass 1: An Introduction to Positive Psychology

Following this masterclass in positive psychology, you will be able to:

Module 1: Introducing Positive Psychology

- ▶ Evaluate the disease model of human functioning and its five key misconceptions.
- ▶ Compare and contrast the disease model and health model of human functioning.
- ▶ Define the focus of positive psychology.
- ▶ Discuss the effectiveness, underlying mechanisms, and clinical implications of the field of positive psychology.
- ▶ Describe the historical background of the field of positive psychology.
- ▶ Critically evaluate the concept of positive psychology.

Module 2: Second Wave Positive Psychology

- ▶ Acknowledge the misconceptions that gave rise to second wave positive psychology.
- ▶ Define second wave positive psychology.
- ▶ Use The Statue of David Metaphor[®] to explain the key principles of second wave positive psychology.

Module 3: The Sailboat Metaphor[®]

- ▶ Recall and discuss the role of all eight elements of The Sailboat Metaphor[®] (i.e., water, compass, steering wheel, leaks, sails, weather, other boats, and destination).
- ▶ Describe and evaluate the role of all four elements of the captain (i.e., attention, thoughts, motivation, and action).
- ▶ Discern how the lighthouse (i.e., practitioner) interacts with the sailboat and its captain.
- ▶ Demonstrate how the elements of The Sailboat Metaphor[®] interact to explain how positive psychology principles can be applied to individual wellbeing.
- ▶ Evaluate the benefits of using The Sailboat Metaphor[®] with clients, students, employees, etc.
- ▶ Use the three assessment phases to guide the application of The Sailboat Metaphor[®] in various clinical and nonclinical contexts.



Masterclass 2: Balancing Life Domains

Following this masterclass in balancing life domains, you will be able to:

Module 1: Life Domains

- ▶ Use The Sailboat Metaphor[®] to discuss the concept of 'life domains' with clients.
- ▶ Evaluate the interconnectedness of the client's life domains.

- ▶ Discuss three practical benefits of addressing life domains in a practical setting.
- ▶ Demonstrate the effective use of positive psychology techniques to help clients identify their most important life domains.

Module 2: Attention for Life Domains

- ▶ Use The Sailboat Metaphor[®] to effectively discuss the concept of 'life balance' with clients.
- ▶ Discuss the consequences of failing to achieve a balance across life domains at a cognitive, behavioral, and emotional level.
- ▶ Evaluate the benefits of life balance at a cognitive, behavioral, and emotional level.
- ▶ Assess the client's level of life balance.

Module 3: Thoughts About Life Domains

- ▶ Use The Sailboat Metaphor[®] to effectively discuss the concept of 'life domain satisfaction' with clients.
- ▶ Contrast life satisfaction with life domain satisfaction.
- ▶ Explain the relationship between life domain satisfaction and wellbeing.
- ▶ Identify two reasons why the 'weighted satisfaction score' is not a recommended assessment of life satisfaction.
- ▶ Demonstrate the effective use of positive psychology techniques to help clients reflect on their current life domain satisfaction and monitor change throughout therapy.

Module 4: Motivation for Engaging in Life Domains

- ▶ Use The Sailboat Metaphor[®] to effectively discuss the concept of 'needs satisfaction' with clients.
- ▶ Define human needs.
- ▶ Explain the concept of 'needs satisfaction limits' and how it highlights the importance of balancing life domains.

Module 5: Activities per Life Domain

- ▶ Use The Sailboat Metaphor® to effectively discuss the concept of ‘activities per life domain’ and how it can improve client wellbeing.
- ▶ Discuss the interconnectedness of activities within and between life domains.
- ▶ List and evaluate three behavioral skills that promote wellbeing across life domains (i.e., redistribution of time, increasing priority, and acting with more awareness).
- ▶ Demonstrate the effective use of positive psychology techniques to help clients make positive changes to promote wellbeing across life domains.



Masterclass 3: Emotional Intelligence

Following this masterclass in emotional intelligence, you will be able to:

Module 1: Emotions

- ▶ Define the concept of emotion.
- ▶ Distinguish between emotion and mood.
- ▶ Distinguish between positive and negative emotions.
- ▶ Explain the key assumptions of the broaden-and-build theory [8].
- ▶ Explain how positive emotions *broaden* people’s attention, cognition, and action urges, resulting in an upward spiral of positive emotions.
- ▶ Explain how negative emotions *narrow* people’s attention, cognition, and action urges, resulting in a downward spiral of negative emotions.
- ▶ Evaluate the ‘undoing hypothesis of positive emotions.’
- ▶ Use The Sailboat Metaphor® to identify and discuss positive and negative emotions with clients.

Module 2: Emotional Intelligence

- ▶ Define emotional intelligence (EI) with reference to the Davies, Stankov, and Roberts [9] four-dimensional definition of EI.
- ▶ Identify how ‘understanding emotions in oneself’(dimension 1) is critical to EI. More specifically:
 - ▶ Describe emotional awareness.
 - ▶ List and evaluate the five factors that influence the intensity of emotion (i.e., duration, bodily changes, re-experience, action tendency, and long-term behavior).
 - ▶ List and evaluate the three main barriers to building emotional awareness (i.e., negative perceptions of the acceptability of emotions, emotional avoidance, and limited emotional vocabulary).
 - ▶ Use the techniques learned to enhance clients’ emotional vocabulary.
- ▶ Identify how ‘understanding emotions in others’(dimension 2) is critical to EI. More specifically:
 - ▶ Assess how the facial expressions, body language, and speech of others facilitate the decoding of their emotions.
 - ▶ Acknowledge the challenges of identifying emotions in others.
 - ▶ List and identify the three main benefits of recognizing emotions in others (i.e., inspires bonding and connection, facilitates appropriate responding, and enhances understanding of the intentions of others).
- ▶ Identify how ‘regulating emotions’ (dimension 3) is critical to EI. More specifically:
 - ▶ Define emotional regulation.
 - ▶ Describe three general strategies for regulating emotions (i.e., changing the intensity of the emotion, the relationship to the emotion, and the perspective on the emotional trigger).
 - ▶ Compile 16 useful emotion regulation strategies.
 - ▶ Evaluate how the Process Model of Emotion Regulation (Gross & Thompson, 2007) can be applied to help individuals regulate their emotions in a variety of contexts.
 - ▶ Define ‘learned resourcefulness.’
- ▶ Identify how ‘using emotions to facilitate performance’ (dimension 4) is critical to EI. More specifically:
 - ▶ Describe how emotions can be used to facilitate performance in coping, need fulfilment, relationship management, and creativity.
- ▶ Recognize the interconnectedness of each dimension of EI.
- ▶ Use The Sailboat Metaphor® to discuss each dimension of EI.

Module 3: Emotional Awareness

- ▶ Define emotional awareness.
- ▶ Identify three key characteristics of emotions (i.e., bodily sensations, thoughts, and action tendencies).
- ▶ Discern how emotions can elicit action tendencies and negative automatic action.

- ▶ Acknowledge how awareness of emotions and action tendencies through mindfulness can reduce impulsive action.
- ▶ Contrast action tendencies that result from positive and negative emotions.
- ▶ Describe how individuals can cultivate acceptance toward emotions.
- ▶ Name and explain two concepts that hinder acceptance-based coping (i.e., excessive focus on and excessive avoidance of emotions).
- ▶ Apply different techniques to increase clients' awareness of emotions.
- ▶ Use The Sailboat Metaphor[®] to demonstrate the concept of emotional awareness.

Module 4: Beliefs About Emotions

- ▶ Acknowledge two types of beliefs about emotions (i.e., the acceptability and malleability of emotions).
- ▶ Discern how dysfunctional beliefs about emotions reduce psychological wellbeing.
- ▶ Evaluate how positive beliefs about the malleability of emotions can foster active coping.
- ▶ Use The Sailboat Metaphor[®] to illustrate beliefs about the acceptability and malleability of emotions.
- ▶ Assess beliefs about the acceptability of emotions.
- ▶ Assess beliefs about the malleability of emotions.
- ▶ Assess dysfunctional beliefs about emotions.

Module 5: Emotional Knowledge

- ▶ Explain how emotions motivate us to approach, avoid, or withdraw.
- ▶ Evaluate how emotion-driven behavior can have the paradoxical effect of exacerbating emotions.
- ▶ Acknowledge that emotions are data and provide information about needs and values.
- ▶ Use the 'acting opposite to urges' technique to foster mindful responding instead of automatic emotion-driven responding.
- ▶ Use The Sailboat Metaphor[®] to demonstrate the relationship between motivation and emotion.

Module 6: Emotional Expression

- ▶ Define emotional expression.
- ▶ Identify and explain three forms of emotional expression (i.e., social sharing, written and musical expressions of emotion).
- ▶ Acknowledge three reasons emotional expression is effective (i.e., reduces avoidance, increases self-insight, and strengthens relationships).
- ▶ Effectively use techniques to foster emotional expression.
- ▶ Describe 'the paradox of expressing negative emotions' and how this can be explained by adaptive and nonadaptive processes behind sharing.
- ▶ Evaluate the expression of positive emotions.
- ▶ Use The Sailboat Metaphor[®] to discuss emotional expression.



Masterclass 4: Meaning and Valued Living

Following this masterclass in meaning and valued living, you will be able to:

Module 1: Meaning

- ▶ Acknowledge the complexity in defining and applying the construct of meaning (i.e., 'the problem of meaning').
- ▶ Discern the two key aspects of meaning (i.e. mattering and making sense).
- ▶ Evaluate research that highlights the importance of meaning for psychological wellbeing.
- ▶ Identify and discuss the relationships between the four different types of meaning (i.e., cosmic, big, situational, and the experience of meaning).
- ▶ Use The Sailboat Metaphor[®] to intuitively illustrate the four types of meaning.
- ▶ Evaluate the implications of exploring the different types of meaning in practice.
- ▶ Discuss 'the paradox of meaning'

- ▶ Use the Trinity of Meaning Model to demonstrate how individuals can create meaning from the 'bright' side of life.
- ▶ Identify six meaning-based coping strategies to demonstrate how individuals can create meaning from the 'dark' side of life (i.e., benefit finding, following blisters, goal setting, reordering priorities, attention to positive events, and spiritual meaning making).
- ▶ Use The Sailboat Metaphor® to demonstrate the meaning-based coping strategies of benefit finding, goal setting, reordering priorities, and attention to positive events.
- ▶ Synthesize these frameworks to help clients find meaning from both the 'bright' and 'dark' sides of life.
- ▶ Analyze the difference between problematic and adaptive sources of meaning.

Module 2: Valued Living

- ▶ Define values and acknowledge the link between values and meaning.
- ▶ Assess clients' core values using different techniques.
- ▶ Evaluate four key reasons for the importance of value awareness (i.e., decision making, motivation, preventing emotion-driven behavior, and preventing excessive goal focus).
- ▶ Acknowledge the impact of rigid beliefs (i.e., dichotomous thinking and rule making) about values and employ strategies to reduce these.
- ▶ Contrast intrinsic and extrinsic values at a comprehensive level.
- ▶ Discern the underlying motivation behind extrinsic value pursuit.
- ▶ Identify three barriers to value expression (i.e., lack of self-reflection, fear, and conflicting value expression).
- ▶ Explain the mechanisms behind increasing value expression (i.e., awareness of discrepancies, coping with fear, and affirmation).
- ▶ Use values-based techniques to promote value-congruent action.
- ▶ Use The Sailboat Metaphor® to intuitively illustrate values, value awareness, beliefs about values, motives behind values, and value expression.



Masterclass 5: The Science of Self-Acceptance

Following this masterclass on the science of self-acceptance, you will be able to:

Module 1: The Self

- ▶ Use The Sailboat Metaphor[®] to effectively discuss the concept of the 'self' with clients.
- ▶ Identify five key differences between the 'self-as-story' and 'self-as-process' conceptualizations of the self.
- ▶ Explain how the 'self-as-story' is constructed throughout an individual's lifetime, including external and internal contributing factors.
- ▶ Discuss the impact of the 'self-as-story' at the cognitive, behavioral, and emotional levels.
- ▶ Demonstrate the effective use of positive psychology techniques to strengthen clients' 'self-as-process.'

Module 2: Weaknesses

- ▶ Use The Sailboat Metaphor[®] to effectively discuss the concept of 'weaknesses' with clients.
- ▶ Explain how weaknesses operate at multiple interconnected levels (i.e., cognitive, behavioral, and physical).
- ▶ Discuss the signaling function of emotions.
- ▶ Discuss how an individual's relationship to their weaknesses influences impact on mental wellbeing.

Module 3: Awareness of Weaknesses

- ▶ Use The Sailboat Metaphor[®] to discuss the concept of 'awareness of weaknesses' with clients.
- ▶ Identify the underlying processes of paying too little and too much attention to weaknesses.
- ▶ Evaluate the benefits of a balanced attention to weaknesses.
- ▶ Demonstrate the effective use of positive psychology techniques to help clients cultivate balanced attention to their weaknesses.

Module 4: Self-Evaluation

- ▶ Use The Sailboat Metaphor® to effectively discuss the concept of 'self-evaluation' with clients.
- ▶ Compare the underlying thoughts in individuals with conditional and unconditional self-acceptance.
- ▶ Discuss the impact of conditional and unconditional self-acceptance at the cognitive, behavioral, and emotional levels.
- ▶ Demonstrate the effective use of positive psychology techniques to help clients cultivate unconditional self-acceptance.

Module 5: Motivation for Improvement

- ▶ Use The Sailboat Metaphor® to effectively discuss the concept of 'motivation for improvement' with clients.
- ▶ Explain how self-evaluation operates as the core process underlying self-esteem.
- ▶ Discuss six key costs of pursuing self-esteem (i.e., negative emotions, confirmation addiction, psychological need thwarting, unstable feelings of self-worth, inauthentic self-presentation, and unrealistic ideals).
- ▶ Identify six key differences between motivation based on a need for self-esteem versus a need for personal growth.
- ▶ Identify five key differences between 'self-esteem' and 'self-acceptance.'
- ▶ Demonstrate the effective use of positive psychology techniques to help clients cultivate a growth mindset regarding their weaknesses.

Module 6: Self-Care

- ▶ Use The Sailboat Metaphor® to effectively discuss the concept of 'self-care' with clients.
- ▶ Compare the purpose and thoughts underlying self-criticism and self-compassion.
- ▶ Discuss the consequences of self-criticism at a cognitive, behavioral, and emotional level.
- ▶ Discuss the benefits of self-compassion at a cognitive, behavioral, and emotional level.
- ▶ Recite Neff's (2003) three interacting components of self-compassion (i.e., self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus over-identification).
- ▶ Demonstrate the effective use of positive psychology techniques to help clients increase self-care and self-compassion.



Masterclass 6: Maximizing Strengths

Following this masterclass in strengths, you will be able to:

Module 1: Strengths

- ▶ Define the concept of strengths with reference to Linley [10] and compare this definition to those proposed by other authors.
- ▶ List the four key ingredients of a strength.
- ▶ Differentiate between strengths and related concepts such as values, beliefs, interests, and talents.
- ▶ Use The Sailboat Metaphor® to intuitively illustrate the concepts of strengths, energy, and optimal performance.
- ▶ Discern the challenges that can arise during strength use.
- ▶ Describe the key approaches to strengths and strength assessment.
- ▶ Critically appraise and compare the strength approaches.
- ▶ Explain individual differences in strengths, strength use, and strength development.
- ▶ Define and critically distinguish between a strength and weakness focus.
- ▶ Explain how a strength vs. weakness perspective views optimal performance.
- ▶ Evaluate the negativity bias and how it relates to a strength focus.
- ▶ Describe how a strength focus relates to concepts such as intrinsic motivation and flow.
- ▶ Discern how a strength focus can be adaptive when dealing with challenges.
- ▶ Evaluate the differences and similarities between realized strengths, unrealized strengths, weaknesses, and skills/learned behaviors in terms of energy, performance, and development.
- ▶ Explain the importance of skills in relation to the development of strengths.
- ▶ Explain the importance of interests in relation to strengths.
- ▶ Describe the recommended use of strengths, weaknesses, and learned behaviors in terms of minimizing, maximizing, marshaling, and moderating.

- ▶ Identify the five positive implications of strength use and the strength perspectives that underline their importance.
- ▶ Define what constitutes an inside-out perspective and an outside-in perspective, and describe their differences in terms of their starting points, processes, focuses, and objectives.
- ▶ Discern the importance of strength use and the strength perspective as evidenced by various research findings in the field of positive psychology.
- ▶ Acknowledge and discuss the complexity of strength use in the context of daily life and in a professional context.
- ▶ Define Strength-Based Practice according to Saleebey [11], and identify its key aspects.
- ▶ Identify the three areas to which Strength-Based Practice devotes attention (i.e., exceptions to problems, what is working, and coping strategies).
- ▶ Identify the aims and goals of Strength-Based Practice as well as acknowledge possible pitfalls.
- ▶ Apply Strength-Based Practice as an assessment tool in clinical and nonclinical contexts.
- ▶ Explain the Peterson Pathologies Theory [12].

Module 2: Attention

- ▶ Use The Sailboat Metaphor[®] to intuitively illustrate clients' awareness and unawareness of strengths.
- ▶ Identify the four ingredients that are necessary for the cultivation of strength awareness.
- ▶ Discuss why it is more common for individuals to operate from their weaknesses rather than their strengths.
- ▶ Identify the five possible root causes of low strength awareness as expressed by Linley & Harrington (2006).
- ▶ Explain the role of social comparison in strength awareness.
- ▶ Explain the relationship between self-assessment of strengths and strength awareness.
- ▶ Identify the four methods by which an assessment of strengths is possible (i.e., self-assessment/questionnaires, interview, peer assessment, and self-reflection).
- ▶ Discuss the merits of self-assessment/questionnaires, interviews, peer assessment, and self-reflection for increasing awareness of strengths.
- ▶ Identify the three most commonly used self-assessment questionnaires and describe and compare the validity of each in terms of its key questions, strength focus, strength categorization, and context.

- ▶ Apply the most appropriate method in the assessment and guidance of clients.
- ▶ Identify the ingredients of a strength interview and strength spotting.
- ▶ Identify the advantages and disadvantages of conducting a strength interview, and compare the strength interview to other methods of strength assessment.
- ▶ Discuss three primary aspects that underline the importance of an extensive strength vocabulary for spotting and labeling strengths.
- ▶ Discuss the challenges that can arise during a strength interview.
- ▶ Identify seven 'strength-talk' cues that clients can display during a strength interview.
- ▶ Explain the subjective nature of strengths.
- ▶ Use open-ended questions and guide the focus of the interview toward feelings and experiences to uncover strengths by looking for what energizes the client.
- ▶ List the steps of the Reflected Best Self Exercise [12], describe the value of peer assessment, and appropriately use the exercise in the assessment of clients' strengths.
- ▶ Identify three ways in which peer assessment can increase awareness of strengths.
- ▶ Provide examples of how to combine various methods of strength assessment.
- ▶ Assess clients' strengths by means of peer assessment and self-reflection.

Module 3: Thoughts

- ▶ Identify and discuss the necessary ingredients for strength development (i.e., time, devotion, effort, skill development, and focus).
- ▶ Define implicit theories and distinguish between incremental and entity theories [14].
- ▶ Explain how implicit theories are related to a *growth mindset* and a *fixed mindset* regarding strength use and development.
- ▶ Use The Sailboat Metaphor® to intuitively illustrate growth and fixed mindsets.
- ▶ Contrast common beliefs and thoughts of people who adopt a growth mindset and people who have a fixed mindset regarding their strengths.
- ▶ Discuss how a growth mindset and a fixed mindset can promote or hinder strength development in terms of their effect on effort, goal setting, and failure.
- ▶ Define the malleability of strengths, and identify two important scientific findings that support the notion of malleability.

- ▶ Use The Sailboat Metaphor® to intuitively illustrate how a growth mindset on weaknesses can hinder strength development.
- ▶ Discuss how an overgeneralized growth mindset approach to strengths can be unhelpful in the development of strengths.
- ▶ Describe the practical implications of a growth mindset and a fixed mindset approach to strengths for a practitioner assessing a client's strengths.
- ▶ Assess a client's mindset based on their beliefs about strengths, strength development, success, and failure.
- ▶ Adopt a growth mindset to clients' strengths in a practical setting.
- ▶ Explain how other people can act as a source of inspiration for developing a growth mindset approach to strengths.
- ▶ Apply the Inspiration for Growth exercise to help clients apply the principle of a growth mindset.

Module 4: Motivation

- ▶ Apply The Sailboat Metaphor® to intuitively illustrate clients' motivation to use their strengths.
- ▶ Identify and discuss the immediate (short-term) benefits of strength use at the experiential level, such as intrinsic motivation, energy, and flow.
- ▶ Use The Sailboat Metaphor® to demonstrate the short-term benefits of strength use.
- ▶ Identify and discuss the long-term benefits of strength use, such as increased levels of wellbeing and higher levels of authenticity.
- ▶ Distinguish general benefits from strength-specific benefits, and list the most important scientific findings regarding strength-specific benefits.
- ▶ Evaluate the social benefits of strength use.
- ▶ Define strength collisions in the context of work, and explain the steps necessary to overcome or solve a strength collision.
- ▶ Demonstrate the effective use of these techniques to help clients overcome and solve strength collisions.

Module 5: Action

- ▶ Define strength regulation, and discuss how strength regulation is related to optimal strength use.
- ▶ Use The Sailboat Metaphor[®] to intuitively illustrate strength use and strength regulation.
- ▶ Distinguish between minor and major, and inward and outward strength expressions.
- ▶ Discuss how discrepancies can arise between different types of strength expression.
- ▶ Explain the differences between an isolated strength perspective versus a contextual strength perspective.
- ▶ Apply a contextual strength perspective with clients in a practical setting.
- ▶ Discuss how ineffective strength regulation can manifest itself through the overuse, underuse, or misuse of strengths.
- ▶ Identify and discuss the three possible reasons for the overuse of strengths.
- ▶ Use The Sailboat Metaphor[®] to intuitively illustrate strength overuse and underuse.
- ▶ Recognize and apply strength overuse, underuse, and misuse in clinical and nonclinical contexts.
- ▶ Discuss how strength development can lead to optimal strength use.
- ▶ Identify and discuss four important guidelines to promote optimal strength use.
- ▶ Demonstrate the ability to identify strengths, help clients become aware of their daily use of strengths, identify areas for growth, and utilize techniques to promote growth.



Masterclass 7: Realizing Resilience

Following this masterclass in resilience, you will be able to:

Module 1: Resilience

- ▶ Define resilience using the concepts of adversity and positive adaptation.
- ▶ Discuss elements of resilience in terms of those within our control (i.e., attention, thoughts, actions, and motivation) and those beyond our control.

- ▶ Identify and evaluate the three key characteristics of events (i.e., duration, intensity, and controllability) that determine their impact on mental health.
- ▶ Assess the client's level of resilience.

Module 2: Attention

- ▶ Discuss the concepts of negativity and positivity bias and their impact on individuals' wellbeing.
- ▶ Demonstrate the effective use of positive psychology techniques (such as the Three Good Things exercise [15]) to shift clients toward a positivity bias.
- ▶ Use The Sailboat Metaphor® to effectively discuss with clients how the direction of attention to life events influences wellbeing.

Module 3: Thoughts

- ▶ Use the cognitive appraisal theory of emotions to explain how interpretations (appraisals) of events, rather than the events themselves, cause emotions.
- ▶ Distinguish between three different forms of appraisal that are associated with higher levels of resilience (i.e., challenge appraisal, benefit finding, and optimism).
- ▶ Define optimism and evaluate its benefits at the cognitive, behavioral, and emotional levels.
- ▶ Discuss the optimistic explanatory style in terms of the three crucial dimensions of explanatory styles (i.e., permanence, pervasiveness, and personalization) and its association with resilience.
- ▶ Discuss the pessimistic explanatory style and its association with learned helplessness.
- ▶ Increase clients' resilience by effectively using techniques that foster challenge appraisal, benefit finding, and optimism.

Module 4: Action

- ▶ Identify the four major strategies for dealing with negative events, and describe the characteristics of each.
- ▶ Discuss the role of personal control of events in adaptive and maladaptive coping strategies, and critically distinguish between active and passive styles of coping.
- ▶ Effectively apply strategies to increase clients' awareness of maladaptive coping styles and to help them engage in adaptive coping styles.

- ▶ Define 'savoring' with reference to the three components of savoring proposed by Bryant and Veroff [16].
- ▶ Use six strategies to amplify savoring (i.e., gratitude, capitalization, behavioral expression, self-congratulation, sensory-perceptual sharpening, and memory building), and explain how each can be used to maximize positivity in the client's environment.
- ▶ Critically evaluate savoring as a buffer against stressful life events and as a potential pitfall toward overanalyzing positive events.

Module 5: Motivation

- ▶ Discuss the motivational orientation underlying the four key coping styles (active coping, surrender, over-control, and passive coping).
- ▶ Explain the role of awareness of the controllability of events in helping clients recognize their limits of control.
- ▶ Compare the benefits and costs of active coping and passive coping.
- ▶ Discuss five motivational factors of maladaptive coping with positive events.
- ▶ Promote active coping by helping clients get in touch with their personal values.
- ▶ Discuss 'scarcity' and 'overcoming hardship' as adaptive coping strategies for positive events.



Masterclass 8: Positive Relationships

Following this masterclass in positive relationships, you will be able to:

Module 1: Social Relationships

- ▶ Describe the key characteristics of positive social relationships and how they enhance wellbeing (i.e., promoting healthy behavior, facilitating goal realization, contributing to need fulfillment, and providing support).
- ▶ List and assess the four types of social support (i.e., emotional, instrumental, informational, and companionship).

- ▶ Acknowledge negative social relationships and how they reduce wellbeing (i.e., promoting unhealthy behavior, blocking goals, thwarting needs, and ineffective support).
- ▶ Apply The Sailboat Metaphor® to illustrate the importance and role of social relationships in wellbeing.

Module 2: Attention for Social Relationships

- ▶ Acknowledge the importance of attending to social relationships (i.e., to reduce/prevent social isolation and build social capital).
- ▶ Define social capital and describe the four aspects of relationships that require attention to build social capital (i.e., quantity, strength, intensity, and density).
- ▶ Assess the client's social capital, and apply the techniques learned to expand their social relationships.
- ▶ Apply The Sailboat Metaphor® to intuitively demonstrate social capital.

Module 3: Beliefs About Social Relationships

- ▶ Define and assess perceived social connectedness.
- ▶ Identify the distinction between emotional and social loneliness.
- ▶ Define perceived social support.
- ▶ Acknowledge the cognitive mechanisms behind perceived social support.
- ▶ Assess the accuracy of the client's beliefs about social support.
- ▶ Apply possible approaches for dealing with low perceived social support.
- ▶ Apply The Sailboat Metaphor® to illustrate perceived social connectedness and social support.

Module 4: Motivation for Commitment

- ▶ Analyze each component of Rusbult's [17] Investment Model of Commitment (i.e., satisfaction level, quality of alternatives, and investment size).
- ▶ Use the Investment Model of Commitment to explain why individuals are motivated to commit to both helpful and unhelpful relationships.

- ▶ Structurally analyze the client's reasons for investing in both helpful and unhelpful relationships.
- ▶ Apply The Sailboat Metaphor® to illustrate motivation for commitment.

Module 5: Relationship Management

- ▶ Define relationship management.
- ▶ Describe and use eight strategies that facilitate positive relationships (i.e., mindful listening, constructive responding, kindness, gratitude, vulnerability, apologizing effectively, forgiveness, and empathy).
- ▶ Apply The Sailboat Metaphor® to demonstrate key strategies for positive relationships.
- ▶ Acknowledge the 'therapeutic alliance' and its importance for client outcomes.
- ▶ Evaluate the three key ingredients of healthy helping relationships with reference to Deci and Ryan's [18] Self-Determination Theory.



Masterclass 9: Motivation & Goal Achievement

Following this masterclass in motivation and goal achievement, you will be able to:

Module 1: Goals

- ▶ Describe the differences between short- and long-term goals.
- ▶ Apply the techniques learned to break down a long-term goal into short-term goals.
- ▶ Combine short-term and long-term goals to enhance strategy development and long-term performance.
- ▶ Describe the differences between approach and avoidance goals.
- ▶ Rephrase avoidance goals to become approach goals in a practical setting.
- ▶ Use The Sailboat Metaphor® to assess the underlying intentions behind goals.

- ▶ Describe the differences between learning and performance goals.
- ▶ Identify the tendencies of individuals with mostly learning or performance goals.
- ▶ Evaluate the benefits and pitfalls of nonspecific and specific goals.
- ▶ Use The Sailboat Metaphor® to effectively discuss different types of goals.
- ▶ Describe the differences between end-state goals and process goals.

Module 2: Attention to Goals

- ▶ Identify the underlying reasons for insufficient attention to goals (i.e., goals being too vague) that result in difficulty monitoring them.
- ▶ Use The Sailboat Metaphor® to explain the consequences of insufficient attention to goals on wellbeing.
- ▶ Use The Sailboat Metaphor® to explain the consequences of excessive attention to goals on well-being.
- ▶ Describe the negative consequences of excessive attention to goals on performance and goal pursuit.
- ▶ Explain the counterproductivity of excessive attention to goals in terms of the paradoxical phenomenon of 'ironic processes of control.'
- ▶ Explain the relationship between the concept of balanced attention and mindfulness practices.
- ▶ Analyze the client's most dominant type of attention to goals using mindfulness techniques to promote balanced attention to goals.

Module 3: Thoughts About Goals

- ▶ Assess the client's general level of self-efficacy (i.e., the extent to which they believe they can achieve their goals).
- ▶ Describe the association between high self-efficacy, goal attainment, and commitment.
- ▶ Analyze self-efficacy in terms of predicted outcomes, such as instrumental actions, effort, and sustaining effort despite obstacles.
- ▶ Assess the self-efficacy of clients around specific goals.
- ▶ Utilize the methods learned to increase the self-efficacy of clients.
- ▶ Assist clients in taking small steps toward increasing self-efficacy.

- ▶ Discern three factors that determine the individual's level of aspiration (i.e., task-related self-efficacy, past performance, and knowledge of task performance norms).
- ▶ Critically differentiate between positive and dysfunctional levels of perfectionism.
- ▶ Assist clients in analyzing their own driving force and addressing conditional self-acceptance in a practical setting.
- ▶ Use The Sailboat Metaphor® to demonstrate the dangers of excessive levels of aspiration.
- ▶ Acknowledge the importance of generating a usable roadmap to reach the desired goal.
- ▶ Apply the concept of a hope map to increase hope by increasing awareness of possible goal-related obstacles and ways to overcome them.
- ▶ Use The Sailboat Metaphor® to demonstrate the importance of having several mental roadmaps to goal attainment.

Module 4: Motivation Behind Goals

- ▶ Differentiate between intrinsic and extrinsic motivation.
- ▶ Use the self-concordance model to discuss the importance of goals aligning with enduring interests and values.
- ▶ Use the concept of relative autonomy to explain 'inside-out' vs. 'outside-in' approaches to motivation.
- ▶ Critically distinguish between three types of extrinsic motivation (i.e., external, introjected, and identified).
- ▶ Use The Sailboat Metaphor® to demonstrate the three different types of extrinsic motivation.
- ▶ Identify the underlying variables that fuel intrinsic motivation.
- ▶ Define flow and discuss the nine factors that characterize a flow state.
- ▶ Discuss the relationship between intrinsic motivation and the concept of flow.
- ▶ Use The Sailboat Metaphor® to display pure intrinsic motivation.
- ▶ Demonstrate the effective use of tools to identify patterns and information about when clients are most focused and present to maximize the occurrence of flow states.
- ▶ Analyze the client's goals in terms of their underlying motivational orientation.
- ▶ Apply the techniques learned to help clients move toward more autonomous forms of motivation.

Module 5: Goal-Directed Action

- ▶ Use mental imagery to promote goal achievement by visualizing the accomplishment of goals.
- ▶ Use The Sailboat Metaphor[®] to demonstrate the benefits of mental imagery.
- ▶ Demonstrate the effective use of action planning techniques, such as implementation intentions, to promote goal attainment.
- ▶ Use The Sailboat Metaphor[®] to demonstrate the effectiveness of setting implementation intentions.
- ▶ Identify key factors that promote goal attainment, such as creating short-term concrete actions in smaller increments that eventually lead to goals.
- ▶ Identify three techniques to build habits (i.e., drastic change, incremental change, and chunked change), and use these techniques to promote long-term achievement.
- ▶ Identify four specific benefits of habit formation (i.e., sustained goal pursuit, protection against temptations, compound effects over time, and identity-based motivation).
- ▶ Discuss how having a goal buddy can enhance motivation and accountability.
- ▶ Identify three types of positive reinforcement to facilitate goal progress (i.e., self-rewards, awareness of progress, and celebrating small wins), and utilize them to enhance the client's encouragement throughout the goal attainment journey.

Self-paced learning



The online learning environment that you will have access to is entirely self-paced. This means that you can consume the content whenever and wherever you choose; just mark the lessons as complete as you go. You will have lifetime access to all materials and can retake lessons if you would like a subject matter refresh at a later date.

Studies have shown that self-paced learning can lead to a significant improvement in memory performance and knowledge retention. For example, self-paced learners outperform those who spend precisely the same amount of time studying the same course materials [19]. Researchers suggest that this is because self-paced learning allows learners to distribute their time in a manner

best suited to themselves and not to the class average.

Since our mission is to accelerate the dissemination of positive psychology, we designed the delivery of our program to be as accessible as possible. We have found that online, self-paced learning offers the most convenience, fewest scheduling challenges, and best cost effectiveness and scalability.

Enrollment details

Target audience

The Life Navigation® program is designed for helping professionals looking for continuing education in the field of positive psychology. Life Navigation is a complete program for anyone who wants to make positive psychology a part of their professional skillset, including:

- Coaches
- Therapists
- Clinical psychologists
- Workshop facilitators
- Counselors
- Social workers
- Healthcare professionals
- HR managers
- Mental health practitioners

Enrollment fee

The enrollment fee is a one-time investment of \$6,000. You will be granted lifetime access and updates to all nine masterclasses and all supporting materials.

Instructional level

The Life Navigation® program is delivered at an intermediate instructional level and intended for those with a bachelor's, master's, or doctoral degree in psychology. Because this program introduces a new

method for applying positive psychology, participants will develop a new set of skills to navigate the positive psychology landscape and apply what is required for your specific setting. This gives those who are new to the field a headstart and provides experts a new modality to add to their professional arsenal.

Schedule

Since this program features self-paced learning, there is no fixed schedule. You are free to study the material on your own terms.

Refund policy

If you are not completely satisfied, you can change your mind about your purchase during the money-back guarantee period of seven (calendar) days. Simply email our support team at info@positivepsychology.com, and they will gladly process your refund.

Enroll now >

All materials included



The Life Navigation® program includes all the materials you need to deliver high-quality positive psychology training programs that are science-based (meaning all claims are backed up by research and scientific references).

With your purchase, you will gain the rights to use all of these materials (the client workbook, the exercises, the PowerPoints, the illustrations, etc.) under your own brand.

Certificate of completion

Upon completion of the Life Navigation® program, you will receive a certificate in your name, issued by PositivePsychology.com.

In order to receive the certificate, you must be sure to complete all lessons of all masterclasses, then email info@positivepsychology.com. Upon verification of the successful completion, we will send you your personalized certificate.

Enroll now



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