

## Agenda

<b>&lt;day, date&gt;</b>	
<b>&lt;location&gt;</b>	
0830	Introduction and Hunt the Good Stuff
1000	Activating Events, Thoughts, Consequences (ATC)
1100	Thinking Traps
1200	Detecting Icebergs
1230	End of Day 1
<b>&lt;day, date&gt;</b>	
0830	Energy Management
0900	Problem Solving
1030	Put it in Perspective
1130	Real-Time Resilience
1230	End of Day 2
<b>&lt;day, date&gt;</b>	
0830	Character Strengths
1000	Active-Constructive Responding & Praise
1100	Effective Communication
1200	Comprehensive Review
1230	End of Class

Presented by **<your organization>**

**<your name, title>**

**<contact information>**

## Recommended Reading

You **don't** need these for the class, but if you're interested in further study these are what I recommend. They're not the typical self-help fare; these are all based on scientific evidence. They are, however, still very easy to read.

Diener, E., & Biswas-Diener, R. (2008). *Happiness*. Malden, MA: Blackwell Publishing.

Fredrickson, B. L. (2009). *Positivity: Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life*. New York, NY: Three Rivers Press.

Gottman, J. M., & Silver, N. (1999). *The Seven Principles for Making Marriage Work*. New York, NY: Three Rivers Press.

Lyubomirsky, S. (2008). *The How of Happiness* (pp. 125-149). New York: Penguin Press.

Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.

Reivich, K., & Shatté, A. (2002). *The Resilience Factor: 7 Essential Skills for Overcoming Life's Inevitable Obstacles*. New York: Broadway Books.

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York, NY: Free Press. (not available in the library, but worth buying)