Contact	Emily Rankin
School/Organization	IAE
Theme Principal	Introduction to Positive Psychology and Positive Psychology for Sustainability
Are there any accessibility constraints for people with disabilities?	No
Accessible to 8 Schools ?	Yes
Available to Non-Francophone	Yes
Pre-requisite level?	NA
Pedagogy Format : *conférences / tables rondes / ateliers / FabLab / Hackhaton / cours / TD / TP / visite...*	Workshop/Lesson
Objective	
Summary of course	Day 1 : Discover positive psychology through theory and practices. You will discover themes such as character strengths, emotional intelligence, growth mindset and optimism. The module is experiential, interactive and collaborative. Day 2 : Delves into the topic of how positive psychology can support sustainable behaviours and solutions that benefit both people and the planet.

Major competencies addressed:

- Analysing and solving a problem
- Raising awareness of the complexity of real-life problems (systems approach)
- Designin-g, implementing, testing and validating solutions
- Opening up to other disciplines
- Working in an international and multicultural context
- Developing the ability to collaborate
- Taking account of the challenges facing companies
- Taking account of the challenges and needs of society
- Supporting sustainability
- Integrating ethical responsibilities
- Developing the ability to undertake and innovate
- Raising awareness of research and development activities and/or processes
- Finding, evaluating and using relevant information