



Professional Certificate in Positive Psychology

An evidence-informed certification program focused on wellbeing, resilience, and human flourishing.

The Professional Certificate in Positive Psychology provides a structured introduction to the scientific foundations of positive psychology and its application across personal, professional, organisational, and community contexts.

The program is designed for individuals seeking a rigorous, applied understanding of wellbeing science and its ethical use in practice.

Program Overview

Positive psychology is a recognised field within psychology that examines the factors that enable individuals, groups, and institutions to function optimally.

This certification explores:

- contemporary positive psychology theory
- key wellbeing frameworks and models
- strengths-based and resilience-focused approaches
- the translation of research into applied contexts

The emphasis is on critical understanding, reflective practice, and real-world relevance.

Academic Orientation

This program is:

- grounded in peer-reviewed research
- aligned with contemporary wellbeing literature
- focused on ethical and responsible application
- designed as professional education, not clinical training

It does not replace formal psychology qualifications, nor does it provide therapeutic, diagnostic, or treatment authority.

Learning Focus

Participants are introduced to:

- core concepts and constructs in positive psychology
- wellbeing and flourishing frameworks
- strengths, engagement, meaning, and motivation
- resilience and adaptive functioning
- applying theory within professional, organisational, and community settings

The program prioritises conceptual clarity before application, supporting participants to integrate positive psychology responsibly within their existing scope of practice.

Who This Program Is Designed For

This certification is suitable for:

- psychologists and counsellors seeking an evidence-informed wellbeing lens
- coaches and facilitators
- educators and trainers
- leaders and people-focused professionals
- wellbeing, health, and community practitioners

The program is intended to complement existing professional training, not replace clinical qualifications.