

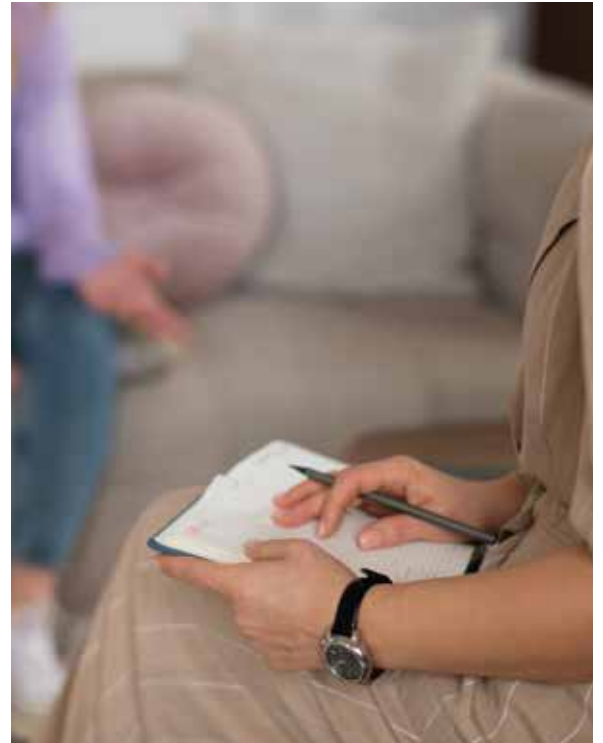
Positive Psychology and Happiness

(Face-to-Face, Online or Hybrid)

Practical training designed to provide immediate emotional support in situations involving crisis, acute stress, or trauma.

OBJECTIVES

- Learn how to respond in situations of emotional crisis
- Provide safe initial psychological support
- Reduce the impact of traumatic events
- Understand the limits of intervention
- Increase confidence when helping others



Target Audience

- Professionals, leaders, HR professionals, teachers, healthcare professionals, parents, and volunteers.

Duration

- Flexible. The course duration is tailored according to the objectives, group size, and the organisation's specific requirements.

COURSE CONTENT

- Sleep science and sleep cycles