

# SOARING into Strength Positive Health Initiative

Award-winning scientifically based workshops to enhance physical, emotional, and mental well-being



## SOARING into Character Strengths

Discover and amplify your unique strengths with Dr. Ryan Niemiec.

Identify the strengths within yourself and learn how to strength-spot in others.



## SOARING into Post-Traumatic Growth

Experience Post-Traumatic Growth with Dr. Richard Tedeschi.

Scientific studies show that most people recover from life crises transformed and even stronger than before. This is called Post-Traumatic Growth.



## SOARING into Resilience

Strengthen your mental agility, coping skills, & grit with Dr. Angela Duckworth.

Learn how to harness your inner strength during difficult times in order to thrive.



## SOARING into Gratitude

Building a Gratitude Practice in your life with Dr. Dan Tomasulo.

Explore the enormous benefits of gratitude on personal well-being, relationships, and communal flourishing.



## Why Loneliness Matters: The Power of Connection with Yourself

Learn practical tools with Dr. Jane Dutton.

Master easy-to-use strategies based on the work of US Surgeon General Dr. Vivek Murthy to reduce feelings of isolation, even while physically distancing.



the power to heal

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## SOARING into Altruism

Learn how to gain a sense of control through helping others with Dr. Jane Dutton.

Doing something kind without the expectation of receiving anything in return enhances emotional and physical well-being.



## Talk Back to Your Negative Thoughts

Reduce automatic negative thoughts with Dr. Judith Beck.

Gain strength, awareness, and clarity through proven Cognitive Behavioral Therapy tools.



## SOARING into Self-Compassion and Forgiveness

Discover gentle tools to help you thrive with Dr. Kristin Neff.

Learn how to activate self-compassion and forgiveness to experience greater well-being.



## SOARING into Optimism

Find good things to notice & celebrate with Dr. Barbara Fredrickson & Dr. Tal Ben-Shahar.

Master strategies to cultivate an Optimistic Explanatory Style and more micro-moments of joy.



## SOARING into Laughter

Experience the therapeutic benefits of laughing with Dr. Madan Kataria.

Learn about the secret powers of smiling, mirror neurons, and laughter to boost your immunity and enhance your health and relationships.



## SOARING into Synchronicity

Learn how to trust your inner knowingness & spiritual truth with Chris Mackey.

Often uncanny coincidences provide profound meaning and direction, especially at crossroads.



## SOARING into Hope

Learn how to activate hope with Dr. Dan Tomasulo & Dr. Shane Lopez.

Learn the latest scientific findings and techniques in order to shift your thoughts and actions to make hope happen in your life.

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## SOARING into Meaning

Explore how our thoughts, words, and actions becomes our reality with Dr. Michael Steger & Emily Esfahani Smith.

Learn how you can incorporate more meaning and mattering into your personal and professional life.



## Caring for Yourself as a Caregiver

Discover innovative strategies and insights to strengthen you as a caregiver with Karen Warner.

There are 43 million caregivers in the U.S. Learn to soothe all of your senses, activate circles of support, and other proven self-care tools.



## SOARING into Narrative

Experience the transformative power of positive storytelling with Dr. Margarita Tarragona.

Learn how to become the hero or heroine of your life by accessing positive narrative.



## SOARING into Primal World Beliefs

Uncover your beliefs with pioneering scientist Dr. Jer Clifton.

Primals are our most basic beliefs about the world as a whole. Experience greater insight and clarity for yourself and those closest to you.



## SOARING into Healing Imagery

Tap into your inner knowledge to heal with Rachel Epstein, American Institute of Mental Imagery

Learn to access internal clarity and guidance with powerful, easy-to-use visualizations that will create an immediate shift.



## SOARING into Positive Rituals

Learn how rituals ground us and give us confidence with Jan Stanley.

Uncover the power of simple, easy-to-implement rituals grounded in research to imbue your life with meaning and joy.

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## SOARING into Growth Mindset

Harness your growth mindset and learn how to be “open to being open” based on the work of Dr. Carol Dweck.

Learn the science behind Growth Mindset and Fixed Mindset to experience greater awareness.



## SOARING into Positive Movement and Vitality

Learn how movement jumpstarts your brain with Dr. John Ratey & Dr. Elaine O'Brien.

Learn how fun and simple movements help your brain grow new cells and neural connections that increase learning, happiness, and well-being.



## SOARING into Mindfulness

Discover the healing power of tranquility, calm, and ease with Dr. James Doty.

Learn how to relax the body and the mind, open the heart, and manifest your intention with easy-to-use exercises based on the latest science.



## SOARING into Play

Learn how play fuels wisdom, relationships, and optimal health with Dr. Stuart Brown & Elizabeth Cushing.

Play is not simply for children. Learn how playfulness can enhance meaning, purpose, and health throughout your life.



## Learn How to Navigate Pain and Flourish

Learn to co-exist with pain to experience more joy and thriving with Dr. Peter A. Levine.

Pain is often a fact of life, but does not have to define one's life. Learn success strategies to support yourself and others living with chronic pain.