

# SOARING Into Positive Wellbeing Workshops



## SOARING Into Strengths

Identify your signature strengths, learn to strength spot in others, and discover how to distinguish between a Growth Mindset and Fixed Mindset.

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## SOARING Into Optimism

Learn how to cultivate an Optimistic Explanatory Style to experience more micro-moments of joy, self-compassion, and happiness.

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## SOARING Into Altruism

Enhance wellbeing by exploring how doing something kind without the expectation of receiving anything in return gives a powerful sense of self-efficacy.

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## SOARING Into Resilience

Strengthen your mental agility, coping skills, and grit by harnessing your inner resources during difficult times in order to bolster your ability to persevere.

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## SOARING Into Healing Imagery

Tap into your inner knowledge and knowingness. Learn how to access internal clarity and guidance with powerful easy-to-use visualizations.

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## SOARING Into Positive Narrative

Learn how to become the hero of your life. Telling your story helps you better reflect your values, leading to significant health benefits.

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## SOARING Into Gratitude

Explore the benefits of gratitude on your wellbeing, relationships, and community. Integrate four of the most impactful gratitude exercises into your life.

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