



FLOURISHING SKILLS GROUP® CERTIFICATION SELF-STUDY PROGRAM



TRAINING

12-hour video lectures training for CAPPsters in the FSG® Model & how to create a container for group growth & transformation.

CURRICULUM

10 Positive psychology lessons, 2-hours per session, complete with manuals, scripts, exercises & videos to watch. Complete your FSG® certification with a one-on-one session with Emiliya Zhivotovskaya

MATERIALS

Ready to use package of trainer manual, participant manual, flyer & brochure template, license to use the FSG® name & certificate of completion for participants.

CREATE A CONTAINER FOR FLOURISHING & A THRIVING BUSINESS

The Flourishing Skills Group® (FSG) is a transformational group experience that leverages the power of connection to maximize the impact of learning positive psychology, while applying the tools in an intimate and supportive group setting.

Learn to run your own FSGs as a simple, sustainable and fun pathway for spreading positive psychology, as well as creating an additional revenue stream.

REGISTER YEAR ROUND

THE FLOURISHING SKILLS GROUP MODEL



TEN 2-HOUR SESSIONS

1. INTRODUCTION TO POSITIVE PSYCHOLOGY
2. RECOGNIZING & BUILDING STRENGTHS
3. THE SCIENCE OF GRATITUDE
4. THE SCIENCE OF SAVORING
5. BUILDING HIGH QUALITY CONNECTIONS
6. UTILIZING VISUALIZATION
7. MANAGING MIND-CHATTER
8. CREATING HABIT CHANGE
9. CULTIVATING FORGIVENESS
10. DEVELOPING INTUITION & CONNECTION

12-HOUR FACILITATOR TRAINING

The Flourishing Skills Group® (FSG) is a Self-Study Program available for registration at any time. All material and instructions for completing the The Flourishing Skills Group® (FSG) Certification is included when registering.

Register for the FSG® Certification at
<https://theflourishingcenter.com>
or call (844) 356.8747