

# three course components

*the state-of-the-art positive psychology 'enhance' training focuses on 3 aspects of the self: core, experiential & social*

*self-determination theory highlights how wellbeing is nourished by meeting needs for autonomy, competence, relatedness & beneficence*

**needs**

**self**

**areas**

*to lead a deeply vital & fulfilling life, it's worth making sure we honour our key goals for personal health, deep relationships, and our 'work in the world'*

