

The 11069NAT Diploma of Positive Psychology & Wellbeing

A positive, life-changing experience.

Commences 10 April 2024

Christchurch, New Zealand

Delivered by NZIWR in partnership
with the Langley Group Institute.



NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**

 **Langley Group**
Institute



**Take your career to the next level with a recognised qualification
in the science of optimal performance and wellbeing.**

The 11069NAT Diploma of Positive Psychology and Wellbeing comprehensively covers important wellbeing topics such as strengths, resilience, optimism, creativity and excellence. The Diploma provides research-based practices applicable to a wide range of professional roles including coaching, leadership, organisational development, human resources, health and safety, healthcare and public policy.

Key benefits of this unique course:

- Flexible, self-paced learning completed within a year
- Comprehensive, university-level content tailored to the workplace
- Practical tools you can apply for immediate results
- Powerful personal development activities and coaching

“The best professional development I have done. I absolutely loved every minute! I found my tribe and know my passion is on the right path. Thank you so much!!!”

NATALIE FRASER, MENTAL SKILLS COACH AND ATHLETE LIFE ADVISOR



Expert facilitator

Dr Denise Quinlan is acknowledged internationally as an outstanding facilitator and speaker who has inspired and supported hundreds of Diploma students on this personal and professional learning journey.

Equally at home with senior corporate executives, scientists, engineers, and marginalised groups, her humour and honesty allow her to create environments

where participants can fully engage and contribute.

Denise translates complex research into usable, practical strategies, whilst always staying true to the science.

“The training was incredible. It has given me such a strong foundation on which now to complete the assessments and continue my learning throughout the year. The course is engaging and so relevant to my life and profession.”

CAROLINE BLACK, WELLBEING LEAD, EDUCATION



Podcast: Deep diving on self-compassion ...

Listen to Sue Langley and Dr Denise Quinlan speak about Wellbeing Science.

For more information or to register, email info@nziwr.co.nz