

**October 8**



**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.

**October 20**



**Overcoming Trauma:**

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.

**November 12**



**SOARING into Gratitude:**

Building a Gratitude practice in Your Life with Dr. Dan Tomasulo

Explore the enormous benefits of gratitude on personal wellbeing, relationships, and communal flourishing.

**November 24**



**Why Loneliness Matters:**

And What You Can Do to Feel Connected with Dr. Jane Dutton & Dr. Vivek Murthy

Learn practical easy-to-use strategies to reduce feelings of isolation even while physically distancing.

**December 3**



**Positive Affect and Vitality:**

Tools you can use to experience greater wellbeing with Dr. Martin Seligman

Learn how Seligman's PERMA Theory of Wellbeing (Positive Emotions, Engagement & Flow, Relationships, Meaning & Accomplishment) can help you flourish.

**December 15**



**Learned Hopefulness:**

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.

**January 14**



**Cognitive Behavioral Therapy:**

Talking back to your thoughts based on the work of Dr. Aaron Beck

Learn 15 foundational interventions to move from rumination to taking the right next step.

**January 26**



**Self-Compassion and Forgiveness:**

Activate well-being with Dr. Kristin Neff and Kathi Norman

Learn how to overcome negativity bias and quiet the strident inner critic in order to have better health outcomes.



**February 11**



**SOARING into  
 Altruism:**

Gaining a sense of Control by Helping Others with Dr. Jane Dutton

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

**February 23**



**SOARING into  
 Optimism:**

Finding Good Things to Notice & Celebrate with Dr. Barb Fredrickson and Dr. Tal Ben-Shahar

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

**March 11**



**SOARING into  
 Resilience:**

Mental Agility, Coping Skills & Grit with Angela Duckworth

Learn how to overcome negative thinking traps to experience more well-being.

**March 23**



**Laughter is the  
 Best Medicine:**

The Therapeutic Benefits of Laughing with Tayyab Rashid

Learn about how smiling lifts emotions; the power of mirror neurons and other simple interventions to boost your immunity, your health, and allow you to experience micro-moments of joy.

**April 8**



**Synchronicity:**

Trusting Your Inner Knowingness & Spiritual truth with Dr. Chris Mackey

Often uncanny coincidences provide profound meaning and direction, especially at crossroads. Learn how to access this skill.

**April 27**



**Living a  
 Good Life:**

Meaning & Mattering with Michael Steger, Emily Estahani Smith & Julie Haizlip

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

**May 13**



**Caring for Yourself  
 as a Caregiver:**

with Laura King & 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.

**May 25**



**SOARING into  
 Narrative:**

The Power of Positive Storytelling with Dr. Tal-Ben Shahar & Margarita Tarragona

Taking an active role in the way you think about and share your life story leads to greater agency.

**June 10**



**The Strength Switch:**  
 Strength-based Parenting  
 with Lea Waters

Learn Strength-based parenting techniques to accentuate the positive by strength-spotting in your children, yourself, and your family and friends.

**June 22**



**SOARING into Imagery:**  
 Tap into your Inner Knowledge to Heal with Rachel Epstein, American Institute of Mental Imagery

Learn to access internal clarity and guidance with ease.

**July 8**



**Positive Rituals:**  
 with Chip Conley & Jan Stanley

Uncover the power of simple, easy to implement rituals to imbue your life with meaning.

**July 27**



**Growth Mindset:**  
 Based on the work of Dr. Carol Dweck, you can learn how to be more open to being open

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

**August 12**



**Go Wild:**  
 Exercise and the 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 wellbeing.

**August 24**



**SOARING Nutrition:**  
 Eat the Rainbow with Joel Fuhrman

Explore the Eating the Rainbow theory of positive nutrition; the connection between food and emotions; and why most diets fail.

**September 9**



**Unplug to Flourish:**  
 with Jonathon Haidt & Tiffany Shlain

Learn how to regulate your screen time and news intake to reduce FOMO (fear of missing out) and enhance your wellbeing.

**September 28**



**Power of Play:**  
 It's not simply for children

Learn how playfulness enhances meaning, purpose and health throughout the lifespan.