



Certificate in Applied Positive Psychology

This certificate explores the science of optimal human functioning and unpacks concepts such as happiness, flourishing and wellbeing. This experiential course invites learners to engage in critical thinking by exploring Positive Psychology theories, models and concepts, and applying them to their cultural and unique contexts. Learners will gain a deep understanding of the PERMAH model pillars, and find out how these can be applied to elevate wellbeing for self and others.

Entry Requirements

- A pass in 1 GCE 'O' Level subject conducted in English, or
- A pass for ITE NITEC course in any field, or
- Mature candidates (30 years old and above), with 8 years work experience

Course Delivery

- Lectures and case studies discussions
- Hands-on activities
- Class presentation

DURATION
3 MONTHS

REGISTRATION FEE
\$163.50 w/GST

TUITION FEE
\$2398.00 w/GST



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