

Level 5 Positive Psychology Fundamentals

2023 Course Schedule



Please note the Zoom link to attend the calls will be emailed separately.

2023 Schedule - Level 5 Positive Psychology Fundamentals			
GLC Dates	Times (UK)	Session Title	Session Format
PSYCHOLOGY OF AUTHENTICITY (4 WEEKS) – Tuesdays (90 mins)			
10 th Jan, 2023	1pm or 6pm	Authenticity - Lesson 1	Lesson & Discussion
17 th Jan, 2023	1pm or 6pm	Authenticity - Lesson 2	Lesson & Discussion
24 th Jan, 2023	1pm or 6pm	Authenticity - Lesson 3	Lesson & Discussion
31 st Jan, 2023	1pm or 6pm	Assignment Guidance	Lesson & Discussion
ASSESSMENT: Reflective Log & Unit Quizzes (<i>due:</i> 27 th March 2023 or before)			
PSYCHOLOGY OF RESILIENCE (4 WEEKS) - Tuesdays (90 mins)			
7 th Mar, 2023	1pm or 6pm	Resilience - Lesson 1	Lesson & Discussion
14 th Mar, 2023	1pm or 6pm	Resilience - Lesson 2	Lesson & Discussion
21 st Mar, 2023	1pm or 6pm	Resilience - Lesson 3	Lesson & Discussion
28 th Mar, 2023	1pm or 6pm	Assignment Guidance	Lesson & Discussion
ASSESSMENT: Reflective Practice + Unit Quizzes (<i>due:</i> 27 th May 2023 or before)			
PSYCHOLOGY OF POSITIVE EMOTIONS (4 WEEKS) - Tuesdays (90 mins)			
2 nd May, 2023	1pm or 6pm	Pos. Emotions - Lesson 1	Lesson & Discussion
9 th May, 2023	1pm or 6pm	Pos. Emotions - Lesson 2	Lesson & Discussion
16 th May, 2023	1pm or 6pm	Pos. Emotions - Lesson 3	Lesson & Discussion
23 rd May, 2023	1pm or 6pm	Assignment Guidance	Lesson & Discussion
ASSESSMENT: Self-Intervention Report & Unit Quizzes (<i>due:</i> 27 th July 2023 or before)			
PSYCHOLOGY OF MOTIVATION (4 WEEKS) - Tuesdays (90 mins)			
4 th July, 2023	1pm or 6pm	Motivation - Lesson 1	Lesson & Discussion
11 th July, 2023	1pm or 6pm	Motivation - Lesson 2	Lesson & Discussion
18 th July, 2023	1pm or 6pm	Motivation - Lesson 3	Lesson & Discussion
25 th July, 2023	1pm or 6pm	Assignment Guidance	Lesson & Discussion
ASSESSMENT: Reflective Practice + Unit Quizzes (<i>due:</i> 27 th September 2023 or before)			
PSYCHOLOGY OF STRENGTHS (4 WEEKS) - Tuesdays (90 mins)			
24 th Oct, 2023	1pm or 6pm	Strengths - Lesson 1	Lesson & Discussion
31 st Oct, 2023	1pm or 6pm	Strengths - Lesson 2	Lesson & Discussion
7 th Nov, 2023	1pm or 6pm	Strengths - Lesson 3	Lesson & Discussion
14 th Nov, 2023	1pm or 6pm	Assignment Guidance	Lesson & Discussion
ASSESSMENT: Literature Review + Unit Quizzes (<i>due:</i> 27 th January 2024 or before)			