



Positive Psychology Education

Contrary to popular perception, Positive Psychology isn't about 'thinking positive'. It's about assisting people to find a way forward from where they are to where they want to go, using a wide variety of tools and models which provide an opportunity to reframe our thinking.

Positive Psychology is about embracing the highs and lows of life as part of a journey of self-discovery. It is a beneficial approach to the way we think about life, with a broad application – relationships, goal setting, recovery from trauma, personal and spiritual growth.

Gabrielle completed her Diploma in Positive Psychology with Langley Institute in 2020.



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