

CERTIFICATE OF COMPLETION

Has attended 20 hours of training and discussion on the Psychology of Wellbeing and Mental Health.

The training framework included personal and educational applications of:

- The underlying and powerful psychology of internal control,
- The habits for building good relationships, self-esteem and confidence,
- Understanding and managing feelings for optimal outcomes (Emotional Intelligence),
- Understanding and balancing Basic Needs to manage stress and maximise performance,
- The psychology of motivation and inspiration,
- Problem solving models for the best outcomes using 'The Get Happier Toolbox'.



Get Happier School Coordinator

Date:

Ivan Honey

IVAN HONEY

**Psychologist, Author and Founder of
The Get Happier Project**