

Enhancing Your Positive Energy-

This workshop is intended to help people give themselves permission to feel more

positive, to embrace positive beliefs, and to be more fully who they are. Macleod and Moore (2000) suggested that positive and negative aspects of experiences are mediated by separate psychological systems rather than being opposite ends

of a single dimension. If that is accurate, installing positives is beneficial in addition to recognizing and releasing negatives. Lyubomirsky and King (2005) examined the issue of success and happiness. They concluded that success does

not create happiness, but happiness is more likely to lead to success.