

# The Flourish Course



## BACKGROUND

Welcome to The Flourish Course - a wellbeing course that applies positive psychology strategies from a Christian perspective.

At its core, The Flourish Course is designed to help you find greater joy, connection, and direction in life - to help you to *flourish*. It is for you if you don't feel as though you are living life at your best, and want tried and tested strategies that will help you change that.

The content of The Flourish Course has been well tested having run multiple times to-date within NewHope Baptist Church, with outstanding results each time. The feedback received is always positive and speaks about how much participants personally gain through being involved.

The fundamental idea underpinning Flourish is that **wellbeing is a skill** – it can be learned. We have seen strong evidence of skill development to-date through participant feedback and the ongoing stories they share with us.

We are greatly confident in the power of Flourish to increase your wellbeing through its strong foundation of scripture and psychology.

No prior knowledge is required to attend this course, just a willingness to engage in the course and be consistent in your application of the simple strategies as they are taught.

## COURSE OVERVIEW

The course in its entirety comprises 3 separate levels, starting at Level 1 - “Foundations”, the current level being implemented at NewHope (N.B. Levels 2 & 3 are still under development).

“Foundations” comprises 6 x wellbeing modules, facilitated from a Christian perspective with solid Biblical references throughout.

Each module commences with a **1.5 hr group session** (online or face to face) led by fully trained Flourish Facilitators, followed by **individual learning exercises** on **5 days** of the week (ranging from 20-45 min duration).

Modules include:

- Introduction to Flourishing
- Becoming More Mindful
- Your Unique Strengths
- Adopting Optimism
- Growing in Gratitude
- Living with Meaning

If you are ready to learn the Biblically-aligned skills that will help you to increase your wellbeing, then this course is for you.

For more information, or if you have any questions, please contact [support@flourishpartners.org](mailto:support@flourishpartners.org)

\*The Flourish Course has been created by Flourish Partners in collaboration with NewHope Baptist Church. For more information on Flourish Partners, please visit [www.flourishpartners.org](http://www.flourishpartners.org)