



# LIFE SUCCESS ACADEMY

## Positive Psychology

## Master Coach

## PPMC

COURSE SYLLABUS



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# PPMC Program



Nine Accredited Certification Courses with Optional 180 CPD / CE Continued Professional Development / Continued Education Credit Hours



Accredited Tools and Certification Process



Nine Live Sessions and Q and A with the Instructor



Dedicated Secure PPMC Workspace



Nine Special Assignments (One for each Course)



Live Graduation Session

# High Level Program Overview

9 Live Sessions, Graduation Ceremony, Accredited Certification with CPD/CE Credit Hours, Marketing Material and Much More

(See Slide 5 for more info)



## A NEW WAY OF LEARNING, THINKING, LIVING, COACHING AND PRESENTING



- Blended Learning (Self Study + Live Sessions)
- 180 Optional CPD / CE (Continued Professional Development / Continuing Education Credit Hours)
- Access to Secure PPMC Dedicated Workspace
- Dedicated Teaching Assistant
- 9 weeks Intensive Program
- 9 Live Sessions with the Instructor
- 9 Special Assignments
- Live Graduation Session

## PREREQUISITE: Nine Globally Accredited Courses

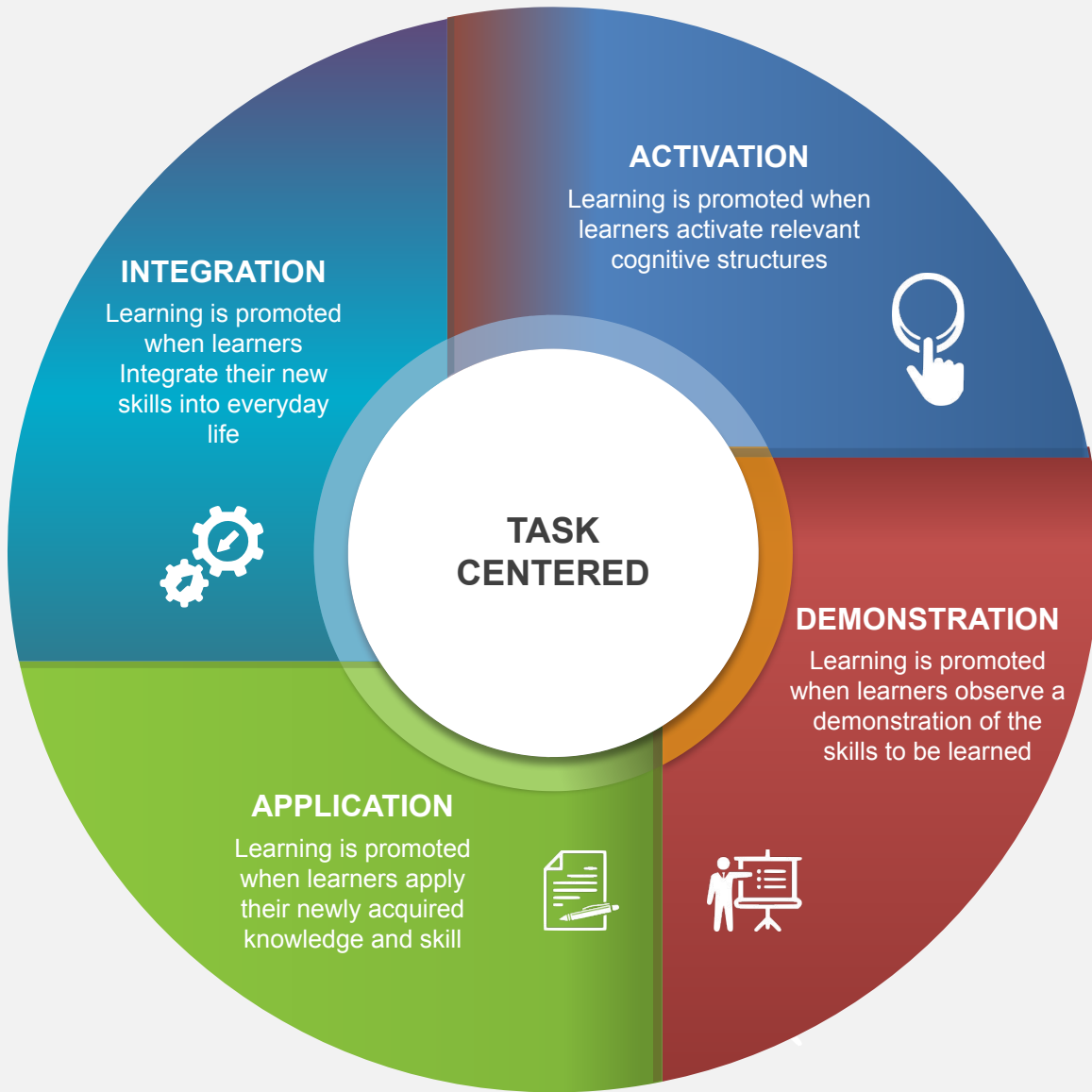


- 1. Certificate in Positive Psychology
- 2. Positive Psychology Habits Practitioner
- 3. Positive Psychology Habits Coach
- 4. Positive Psychology Resilience Practitioner
- 5. Positive Psychology Mindfulness Practitioner
- 6. Positive Psychology Mindfulness Coach
- 7. Positive Psychology Practitioner
- 8. Positive Psychology Coach
- 9. Positive Psychology Business Coach

# PPMC Gold Package Includes...



Lots of reading, lots of writing and presenting. As such, you can expect to read and write on a daily basis. Writing assignments and publishing your video presentations will vary, but at the end of the program, you will have a portfolio that includes (but not limited to):



Merrill's Principles of Instruction (MPI)



Reflection Papers

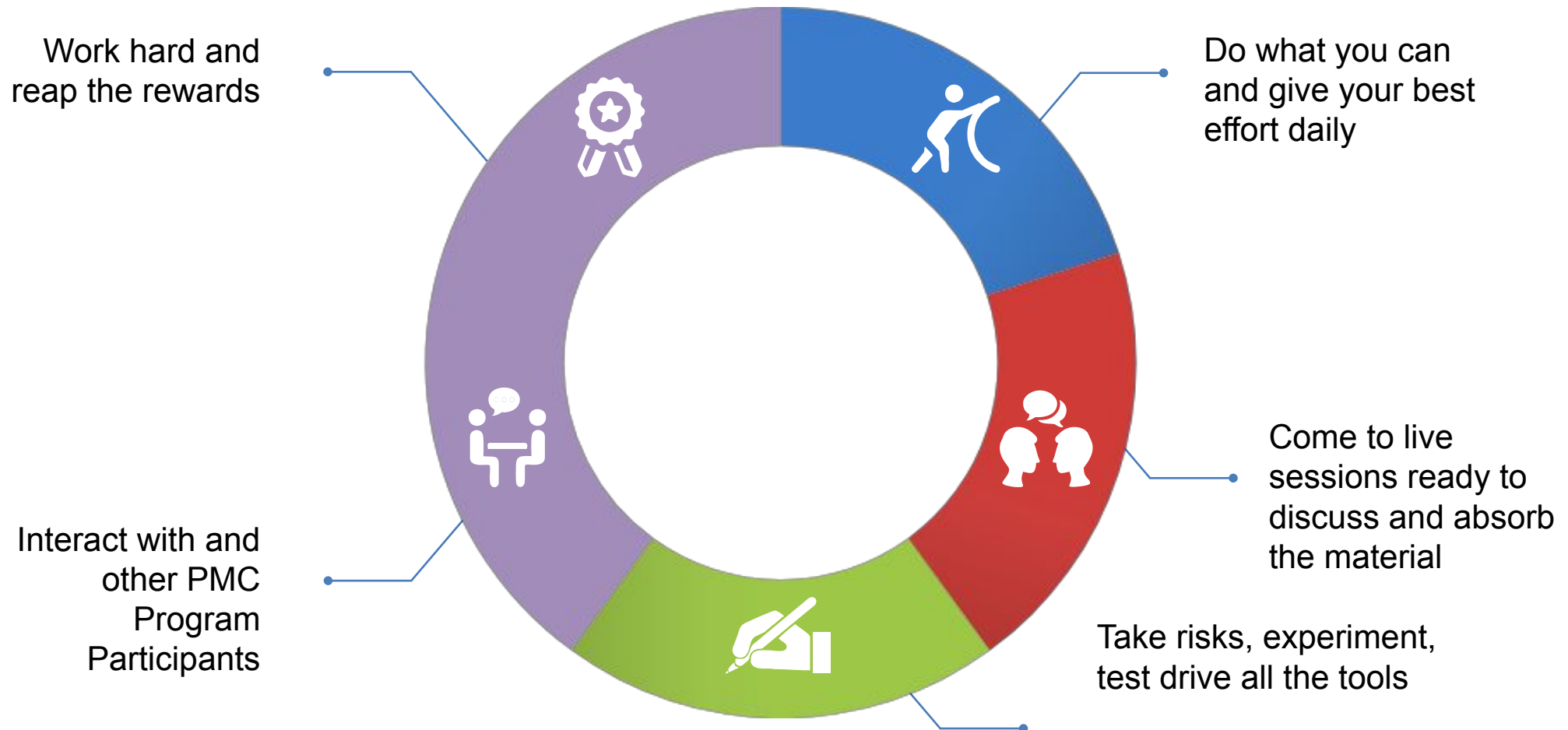


Video Presentations



Weekly annotated readings & reflections

## EXPECTATIONS







Research Papers and Books



#### TECHNOLOGY

User Friendly Zoom Meetings  
Secure Dedicated PPMC Workspace



Nice to Have: Video Camera and  
ability to record live video



TIME COMMITMENT



WEEKLY ASSIGNMENTS



FINAL PROJECT



CERTIFICATE



# LIVE SESSIONS

## Duration

60 Minutes

## Audience

PPMC Participants

## Learning Objectives

Review Course Material  
Practice PP Tools  
Answer Questions

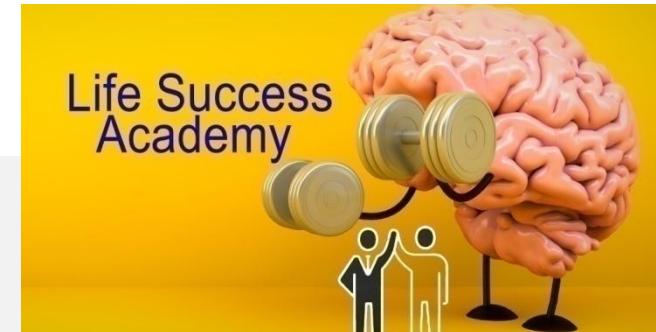
## Live Sessions

There will be 9 Live Sessions with the Instructor. All the sessions will be conducted 12 PM EST (New York Time). The recordings will be available after the sessions.

PPMC Workspace

### Live Sessions

- Session 1: Certificate in PP
- Session 2: Habits Practitioner
- Session 3: Habits Coach
- Session 4: Resilience Practitioner
- Session 5: Mindfulness Practitioner
- Session 6: PP Practitioner
- Session 7: PP Coach
- Session 8: PP Business Coach
- Session 9: Graduation



## OVERVIEW

Live Sessions are Created to  
Support Interactive and  
Engaging Learning

## Live Sessions Registration

You MUST Register to attend the Live Sessions.

Click on the Session Number to Register. Register NOW for all the Sessions even if you can not attend to assure you receive the recordings.

# WEEK 1: Certificate in PP

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Positive Psychology Fundamentals

## Certificate in PP

Fully Accredited CPD / CE Program by the CPD Accreditation Group with Optional Continuing Education / Continuing Professional Development Hours.

PPMC Workspace

## Certificate in PP Modules

- What is Happiness
- Habits and Happiness
- Happiness Model (s)
- Mindfulness and Happiness
- Relationships and Happiness
- Empathy and Gratitude
- Happiness and Children



## OVERVIEW

Learn Fundamentals of Positive Psychology

## Let's Get Started

Study Positive Psychology Fundamentals. This will be a base for the PPMC Program.

# WEEK 2: Certified Habits Practitioner

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Habits Fundamentals

## Habits Practitioner

Study habits and practice introducing new “good” habits and changing the existing “bad” habits.

PPMC Workspace

### Habits Practitioner Modules

- Let's Analyze our Existing Habits
- Start Changing your Routines
- Understanding Habits
- Establishing Multiple Habits
- Brain Science and Routines
- Habits and Happiness
- Seven Secrets to Change Habits
- Let's Make a Commitment



## OVERVIEW

Change your “bad” habits and introduce new healthy routines

## New Routines

We can not help others with habits until we start changing our own. So, lets get started!

# WEEK 3: Certified Habits Coach

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Coach your clients on habits

## Habits Coach

Adopt Client Ready Coaching Forms and Questionnaires and start coaching your clients.

PPMC Workspace

## Habits Coaching Modules

- Use HP Ideas to Coach
- Help Clients Understand Habits
- Habits Coaching Life Cycle
- Habits Coaching Outcome
- Let's Start Coaching
- Practical Coaching Examples
- Your Solutions to Client's Problem



## OVERVIEW

Use you Habits Practitioner knowledge and tools to coach your clients

## Coaching Practice

Practice Coaching Clients to establish new routines and change bad habits.

# WEEK 4: Certified Resilience Practitioner

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Learn ten Scientifically Proven Resiliency Factors

## Resilience Practitioner

Practice Resiliency on Many Different Levels

PPMC Workspace

### Resilience Practitioner Modules

- Defining Resilience
- Optimism
- Facing Fear
- Moral Compass
- Spirituality and Religion
- Social Support
- Role Model
- Physical Fitness
- Cognitive and Emotional Flexibility
- Meaning and Purpose
- Brain Fitness



## OVERVIEW

Become More Resilient and Handle Stress Better

## Resiliency

Learn how to become more resilient and bent without breaking.

# WEEK 5: Certified Mindfulness Practitioner

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Learn Fundamentals of Mindfulness

## Mindfulness Practitioner

Mindfulness, Mindlessness and benefits of both.

PPMC Workspace

## Resilience Practitioner Modules

- Introduction to Mindfulness
- Mindful Living
- Sample Mindfulness Practices
- Mindfulness Research
- Mindfulness and Habits
- Mindfulness, Stress and Pain
- Mindful Aging



## OVERVIEW

Practice Mindfulness and Use the Tools you Learned here

## Mindfulness

Mindfulness improves our focus, success rate, overall wellbeing, increases happiness level, improves the chance of Life Success, help with mental and physical health, reduces stress, help people deal with chronic pain, anxiety, depression, substance abuse even borderline personality to name just a few.

# WEEK 6: Certified Mindfulness Coach

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Apply Mindfulness Tools to Help your Clients

## Mindfulness Coach

Practice Mindfulness Coaching

PPMC Workspace

### Mindfulness Coach Modules

- Use Mindfulness Tools to Help Your Clients
- Mindfulness Life Coaching Model
- Mindfulness Life Coaching Cycle
- Mindfulness Life Coaching Outcome
- Mindful Questionnaire and Scales
- Mindfulness Life Coaching Tools



## OVERVIEW

Mindfulness and Mindlessness for Your Clients

## Mindfulness Coaching

Understand and "Live" Mindfulness Life Coach Cycle.



# WEEK 7: Positive Psychology Practitioner

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Practice Positive Psychology Tools

## PP Practitioner

Practice Positive Psychology

PPMC Workspace

### PP Practitioner Modules

- PP Fundamentals
- Strengths and Optimism
- Goals
- Relationships
- Mindfulness
- Gratitude
- Resilience and Purpose
- Habits and Happiness



## OVERVIEW

Practice PP and Try the Tools  
you Learn Here

## PP Practitioner

The Most Comprehensive Authentic  
Happiness Accredited Online  
Certification in Positive Psychology  
Program providing 8 Major  
Modules.

# WEEK 8: Certified PP Coach

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Learn and Practice PP Coaching Tools

## PP Coach

Coach your clients using the PP Practitioner Tools

PPMC Workspace

## PP Coach Modules

- Coaching Happiness
- Coaching Strength
- Coaching Optimism
- Coaching Goals
- Coaching Relationships
- Coaching Mindfulness
- Coaching Gratitude
- Coaching Resilience and Purpose



## OVERVIEW

Use the tools from PP Practitioner and apply it with your clients

## PP Coaching

Just like any Life Coaching but focused on the Positive Psychology.

# WEEK 8: Certified PP Business Coach

## Duration

One Week

## Audience

PPMC Participants

## Learning Objectives

Acquire CHO Skills

## PP Business Coach

Coach Executives and Business Owners using the PP tools.

PPMC Workspace

### PP Business Coach

- Chief Happiness Officer: Knowledge, Skills and Attitude
- Authentic Organizational and Employee Happiness (AOEH)
- Eight Pillars of AEOH
- Key Characteristics of AEOH
- Selling AOEH
- Delivering AOEH



## OVERVIEW

Organizational, Leadership  
and Business Coaching

## PP Business Coaching

Learn what it takes to become the  
CHO - Chief Happiness Officer

# WEEK 9: Graduation Ceremony

## Duration

Up to 120 Minutes

## Audience

PPMC Participants + Guests

## Learning Objectives

Present What You Learned and Learn From Other PPMC Participants

## Graduation

Five to Ten Minutes Structured and Live Video Presentation

PPMC Workspace

### Graduation

- Three Major PPMC Benefits
- Applying the Course Material
- Three Recommended Actions For Future Coaches
- Major Benefits Clients and Future PPMC Graduates can expect from the PPMC Program
- Answer Questions from the Audience



## OVERVIEW

Final Assignment and PPMC Graduation!

## Let's Graduate

You worked hard and now is the time to graduate and celebrate!

Invite your friends, family, coworkers, clients and show off your new coaching skills.