

## **Personal and Group Consultations in Positive Education, Mindfulness, Resilience, and Well Being for Faculty, Administrators and Staff**

**Posted By:** Peter Shea Professor Bob Fera is preparing to expand and grow his ongoing work at Middlesex around promoting positive psychology—specifically on the issues of developing resilience and mindfulness. He is interested in helping faculty and staff on integrating positive psychology into their work and lives. In his work he focuses on

- Providing an understanding of the basics of positive psychology/education and its applications
- Providing specific and practical exercises and skills for individuals or groups to elevate positivity, well-being and mindfulness, as well as being able to use it in the classroom or in advising/assisting students outside the classroom
- Understanding one’s own character strengths and the basics of a strengths-based teaching and learning model
- Integrating elements of positive psychology/education into one’s course or program

If you are interested in having a group or personal consultation, please contact him at [FERAR@middlesex.mass.edu](mailto:FERAR@middlesex.mass.edu).