

## **Adult School 2018 Classes!**

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All classes held at: 10 Fairmount Ave. Chatham NJ

Registration for all classes can be done through the Adult School of Chatham website:

<http://www.ssreg.com/chatham/>

- **Increasing Optimism with Positive Psychology**

**3 sessions – cost \$90 Friday 12-1pm March 2, 9, 16**

Description: Staying productive and optimistic, specifically in times of transition and change can be difficult for some. Our productivity and performance can be affected by increased stress during challenging times. Higher levels of optimism have been shown to increase productivity, performance and success.

In the workshop *Increasing Optimism* I will share clinical study data on how by increasing levels of optimism people can live happier, healthier, longer and be more productive each day.

Participants will be introduced to 5 key elements of Positive Psychology and discuss how those elements can be better integrated into their every day with cognitive behavioral and positive psychology based tools.

- **Increasing Optimism Overview Introduction**

**1 session – cost \$35 Thursday 7pm March 8th**

You can use the same description as the 3 session course, but will be more of an overview of positive psychology and less data behind it.

- **Happier, Healthier, More Productive MOM**

**1 session \$35 Wednesday April 18 10am**

Description: A workshop for new moms who find themselves feeling the guilt that comes from competing demands of parenting. We will discuss the fallacy of “perfect” and explore the differences between expectations and reality. We will review self-care practices based in *mindfulness based stress reduction* and *positive psychology* to help you lose the guilt and feel more confident today.

- **Get to Goal in 2018**

**1 session - \$35 Wednesday February 28 at 12 noon**

Description: This workshop teaches goal setting strategies that can help increase likelihood of goal achievement. Participants will learn key elements of positive psychology and how those elements can be applied to goal setting.

We will review setting smarter, more realistic and appropriate goals, while still allowing you to stretch and achieve the changes you are seeking while preparing for obstacles that could get in the way.