



L-Università
ta' Malta

UNIVERSITY OF MALTA

CENTRE FOR RESILIENCE AND SOCIO-EMOTIONAL HEALTH

HOPEs: Character Strengths and Positive Education

PRACTITIONER TRAINING PROGRAMME

Centrul National de Politici și Evaluare în Educație, Bucharest

22 March and 25 March 2021

Trainer: Prof. Dr. Carmel Cefai

Agenda

22 March 2021

16.00-17.00. Introduction

- Introduction (goals and objectives)
- HOPEs: Overview of the programme (themes, model, principles, structure, resources)
- Teachers' Guide and activity structure

17.00-18.00

- Module 1: Positive emotions

18.00-19.00

- Module 2: Character Strengths

25 March 2021

16.00-17.00

- Module 3: Positive Values

17.00-18.00

- Module 4: Positive Coping and Resilience

18.00-19.00

- Module 5: Positive Relationships
- Conclusions
- Evaluation