



5 Courses

Positive Psychology: Martin E. P. Seligman's Visionary Science

Positive Psychology: Applications and Interventions

Positive Psychology: Character, Grit and Research Methods

Positive Psychology: Resilience Skills

Positive Psychology Specialization Project: Design Your Life for Well-being



10/13/2018

Christopher Heffner

has successfully completed the online, non-credit Specialization

Foundations of Positive Psychology

The University of Pennsylvania recognizes that this learner successfully completed all five courses in the Foundations of Positive Psychology Specialization, demonstrating their understanding of the scientific and historical foundations of Positive Psychology and the key research findings that help people to flourish. In addition, this learner demonstrated research-based skills through exercises and interventions designed to increase well-being, grit and resilience in their own lives.

Martin E.P. Seligman,
Ph.D.

James Pawelski, Ph.D.

Claire Robertson-Kraft,
Ph.D.

Angela Duckworth, Ph.D.

Karen Reivich, Ph.D.

Verify this certificate at:

coursera.org/verify/specialization/H97NP8MD2ALK