TITLE
About Being Alive...

DESCRIPTION
Dive into the origins and evolution of Positive Psychology with Jordan Hamilton and Jason Beck in this CGU podcast mini-series as they discuss how Positive Psychology is being implemented in organizations around the world and what you can do to infuse it into everyday life.

S01E01 What is positive psychology?
The first episode will dive into the origins and evolution of positive psychology. We will expand to discuss how it is being implemented in organizations around the world, and what can be done to infuse practices into everyday life

S01E02 Leaders and Followers
We will be discussing positive leadership, what it is and what it looks like. Examining the effects of positive leadership on organizations and followers, and the role of followers in todays world. Finally, what individuals can do to be more effective leaders and positive followers.

S01E03 21st Century Challenges
Here we will be going into the relevance of positive psychology today. Focusing on current mental health crisis and how positive psychology can be implemented to address some of these issues. In addition, we will acknowledge some of the pitfalls related to modern living and how using these practices be used to increase well-being.

S01E04 Work Life Balance
Work life balance is essential to well-being. Discussing research related to work-life balance and how one can develop practices to bring balance into their life at work and at home.

S01E05 Play
Play is a natural state of human beings. How can we spend more time playing? We will discuss the importance of play, flow, and passion. This includes bringing play into the workspace as an individual and organizations, citing research and case studies.

S01E06 Mindfulness
Mindfulness has been gaining popularity in mainstream culture over the past decade. Here we will dive into the origins of mindfulness, discuss personal experience, and research and offer simple practices that can be applied to everyday life.