



Graduate Teacher Program

Special Workshops

Fall 2009



Thursdays, 10:00 - 11:00 AM

The Power of Learned Optimism Inside and Outside the Classroom

This four- part workshop series is based on the research of Martin Seligman who is Chair of the Positive Psychology Center at the University of Pennsylvania and founder of Positive Psychology. The presenters will explore how teachers can enhance their wellbeing and success in their professional and personal life.

Each workshop, using a different approach and format, will explore how to change your mind to change your experience in the classroom. Participants may attend all four workshops as each is distinct or may attend only one if they so choose.

October 8
200 ATLAS

Part I

Amy Robertson & Matt Tomatz, MSW/LCSW Therapists at Counseling and Psychological Services

October 15
200 ATLAS

Part II

Amy Robertson & Matt Tomatz, MSW/LCSW Therapists at Counseling and Psychological Services

October 22
200 ATLAS

Part III

Amy Robertson & Matt Tomatz, MSW/LCSW Therapists at Counseling and Psychological Services

October 29
200 ATLAS

Part IV

Amy Robertson & Matt Tomatz, MSW/LCSW Therapists at Counseling and Psychological Services

For further information, please call 303-492-4902

Visit our web site at <http://www.colorado.edu/gtp>

All workshops count toward GTP Certification.

All graduate students, undergraduate teaching assistants, post docs, faculty, and staff are welcome.