



Department of Law
University of Peradeniya

Webinar on
**'Dealing with Challenges:
The Role of Positive Psychology'**

Presentation by:

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The recent past has been a very challenging period for us with disease, economic hardship and bad governance upending our lives in an unprecedented manner.

We are all struggling to grapple with these challenges and face life with hope and positivity.

This webinar on Positive Psychology will provide us with an opportunity to learn about a developing branch in psychology that explores human well-being and related concepts.

It is taught in universities around the world including in the Department of Psychology, University of Peradeniya, as interest in understanding the concept of 'happiness' keeps growing.

This presentation will provide an outline of current thinking on how to understand human well-being, where the field is headed and how we might apply these ideas to improve our own well-being.

Date: Monday, 29th August 2022

Time: 4.30 pm

Platform: Zoom

Link:

<https://learn.zoom.us/j/63396254012?pwd=TmwwNnplLRmZPTndCK2pZTE5BcGFhQT09>

Meeting ID: 633 9625 4012

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