



UNIVERSITY of
TASMANIA

College of Arts Law and Education
Short Course

Living and Learning with Gratitude



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Living and Learning with Gratitude

The practice of gratitude can be applied to any situation and can have a ripple effect across all aspects of your life. In this course you will explore the latest research on how increasing numbers of people are practising gratitude to enhance both their personal and professional lives.

Location

Hobart

Duration

1-day face-to-face workshop

Intake

10:00am – 3:00pm

Saturday 17 November 2018

Fee

\$145*

Special introductory price for 2018

This practical short course will explore the philosophy, science and practice of gratitude to provide you with strategies you can use both personally and professionally.

Drawing upon contemporary research, and its particular relevance to education and learning, you will investigate how gratitude can address and overcome some of the most common challenges in our lives.

Topics covered in the course include:

- Topic 1: What gratitude is, what it isn't and why it is important
- Topic 2: How thanking awakens our thinking
- Topic 3: Moving from resentment towards gratitude
- Topic 4: Gratitude as a practice in our professional and personal lives.

What you will learn

- A deeper understanding of gratitude and its place in our contemporary world

- How gratitude can enhance our thinking and learning processes
- How gratitude can assist in building and maintaining flourishing relationships at work and at home
- Ways of practising gratitude to resolve conflict and build resilience
- Practical skills and strategies that can be put into practice immediately.

Who will teach you?

Dr Kerry Howells is an academic and teacher educator in the University of Tasmania (UTAS) Faculty of Education, teaching in the areas of gratitude, professional studies, and teacher leadership. Her book *Gratitude in Education: A Radical View* has been hailed by reviewers around the world as groundbreaking and her work has been used to guide approaches to teaching and learning in many different educational contexts.

Kerry has been invited to speak at several national and international forums, including a TEDx presentation, *How thanking awakens our thinking*.

Why choose a UTAS short course?

Whether you're looking to learn a new skill, explore a personal interest, or take your career to the next level, UTAS short courses are ideal for both professional and personal development.

Each course has been designed to meet the needs and interests of the Tasmanian community in order to develop innovative ideas and skills for the future.

You will learn from experts in their field who will provide you with the latest research and practical skills that you can apply immediately to your life or workplace.

UTAS short courses are suitable for everyone – no matter what your background. There is no particular experience or previous study required.

By enrolling in a short course, you will be able to:

- Quickly expand your current skillset
- Explore a new area of interest
- Refresh your industry knowledge
- Progress your professional goals.

Express your interest today

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