

Christian Jensen

**A Mixed Marriage between Positive Psychology and
Experiential Learning**

**How to Create a Meaningful and Engaging Learning Process
and Making Positive Psychology Tangible**

Learning outcomes: As a participant, you will try out some exercises and be a part of and discussion where Positive Psychology and Experiential Learning are the theoretical foundation. Background: Learning is not only reserved schools and children. Every day people are attending education in a working context. The aim can be being better at using some kind of tool that are required, or being better to engage an interaction with colleges. Often efficiency in the process, how to prevent a stressful environment, getting along doing all that, is topics practitioners within the field of Positive Psychology are offering the world of business. Using Positive Psychology applied with a didactic from Experiential Learning are very powerful in the learning process. And yes; children and schools would benefit as well.

Content: We are going to try some exercises, making positive psychology tangible and are discussing the theory behind the exercises. Why are this exercise meaningful? In what context? What are the theoretical reasons behind it? You will laugh, you will learn, you will wonder.

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