



# FINDING FULFILLMENT AND ACHIEVEMENTS WITH FLOW AND FLOURISH

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WITH HANNA MARZINSKE

NOVEMBER 9TH 9-10:30AM

Positive Psychology is the study of what causes people to truly flourish and live a meaningful life. Having an awareness of flow and flourish can help us change our thought patterns, perceptions and even boost our sense of accomplishment in our jobs and personal lives. Join us to learn more and take steps to a happier life.

Register at <https://www.train.org> with Course ID 1114031