



Certificate of Achievement

Ebrahim alkhaldi

has completed the following course:

PRACTICING GRATITUDE TEACH-OUT
UNIVERSITY OF MICHIGAN

In this course, Learners heard from experts in the field of psychology and mindfulness to learn how to implement daily positive practices into their everyday personal and work lives.

1 weeks, 2 hours per week



Lauren Atkins Budde

Director of Open Learning Initiatives | Center for Academic Innovation
University of Michigan



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



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STUDY REQUIREMENT

1 weeks, 2 hours per week

LEARNING OUTCOMES

- Develop skills for Daily Gratitude Practices
- Apply the Power of Gratitude in Daily Life to Build Resilience
- Identify Skills to Thrive in the Face of Difficulties

SYLLABUS

- Gratitude
- Positive Psychology
- Well-being
- Building habits