

TEEN WELL-BEING WORKSHOPS



Peak Potential
A POSITIVE PATH TO SUCCESS

GET SET TO BOOST YOUR MENTAL GAME WITH
OUR SERIES ON POSITIVE PSYCHOLOGY
(AKA THE SCIENCE OF FLOURISHING)

Boost Your Superpowers:

- Crush Anxiety & Stress
- Ignite Motivation
- Skyrocket Confidence
- Master Decision Making

What's in It for You?

- Learn to bounce back stronger
- Hack your way to a positive mindset
- Gear up with real-life tools
- Say 'adios' to burnout

All workshops are taught by Michal Levison, MAPP
For more information: mlevison@peak-potential.me





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ABOUT MICHAL LEVISON, MAPP

Michal Levison is a culture expert and positive psychology educator. She serves as an assistant instructor at UPenn for Dr. Martin Seligman, the father of positive psychology. A trailblazer in cultivating thriving cultures at home, at work, and in communities, Michal is passionate about teen and parental well-being, the future of work, and creating sustainable cultures by harnessing the power of the people who operate within them. Collaborating with esteemed psychologists Paul Rozin, PhD, and Patricia Pliner, PhD, she is currently conducting research into the impact of shared meals on relationships.

Michal's expertise extends from curating experiential events for Fortune 500 corporations to authoring two acclaimed cookbooks. Her company, Seasoned Moments, empowers individuals, businesses, and communities to embrace the communal meal as a conduit for fulfilled, productive, and flourishing lives. She writes articles for a variety of publications including Thrive Global and MAPP Magazine.

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