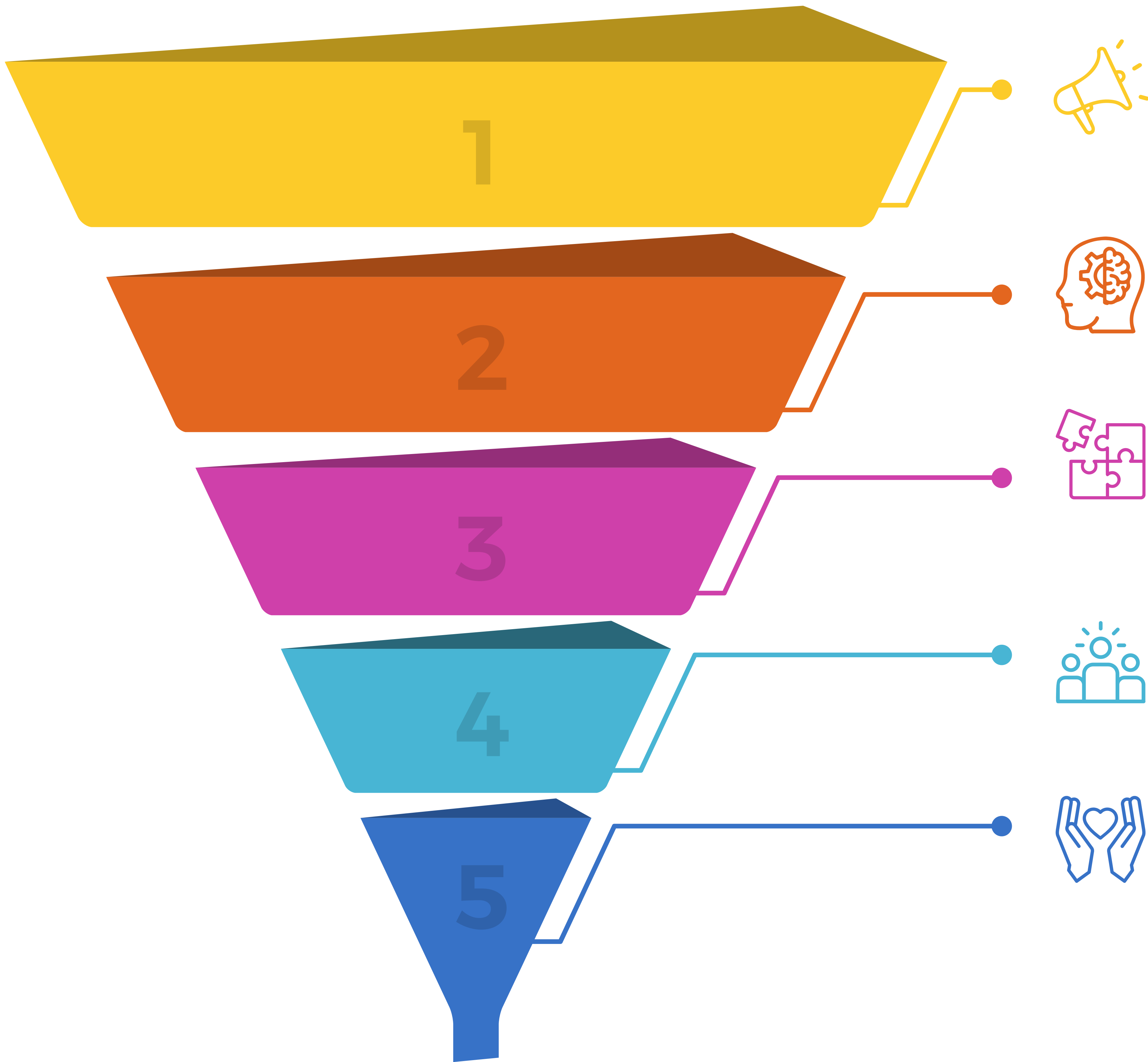


Positive Psychology and Flourishing: The Link Between Them All



POSITIVE PSYCHOLOGY AS A FOUNDATION

It is the science of what makes life meaningful, focusing on strengths, purpose, resilience, and relationships rather than just correcting deficiencies.

FLOURISHING: THE ULTIMATE GOAL

Flourishing is living with purpose, well-being, and contribution. At school, this happens when students are engaged, connected, purpose-driven, and healthy.

INTEGRATION WITH THE FOUR MODELS

VIA, ATLS, ISP Skills, IB Profile

THE FLOURISHING CONNECTION

Academic, Personal, Social, Digital

WHY THIS MATTERS IN SCHOOL

At Alphaville International School, we are inspired by Positive Psychology, which drives the achievement of our Purpose: **To Love to Transform Lives**. Flourishing is the unifying concept:






- The Learning Profile shows who students are becoming.
- The ATLS reveal how they learn.
- The VIA strengths highlight their inner resources.
- The ISP competencies demonstrate what they accomplish in real life.

FROM KNOWLEDGE TO FLOURISHING

Positive Psychology is the science of authentic happiness, and one of its pillars is the science of character strengths. The **VIA** is one of the resources for flourishing with awareness and intentionality.

From Knowledge to Flourishing

THE SCIENCE OF WELL-BEING AND SELF-REALIZATION PROGRAMS

 AUTOGESTÃO	 ABERTURA AO NOVO	 MODULAÇÃO EMOCIONAL	 ENGAJAMENTO COM OS OUTROS	 AMABILIDADE
Fo FIDELIDADE	Cd CURIOSIDADE	Mm MODULAÇÃO DO MEDO	Is INICIATIVA SOCIAL	Ep EMPATIA
Or ORGANIZAÇÃO	Ic IMAGINAÇÃO CRIATIVA	Mr MODULAÇÃO DA RAIVA	As ASERTIVIDADE	Rt RESPEITO
De DETERMINAÇÃO	Se SENSIBILIDADE ESTÉTICA	Mt MODULAÇÃO DA TRISTEZA	Es ENTUSIASMO	Cf CONFIANÇA
Pe PERSISTÊNCIA				
Rd RESPONSABILIDADE				



The **High School** “**Projeto Vital**” is the result of the entire **journey cultivated** for years in our school, **empowering** our students towards **Flourishing**.

