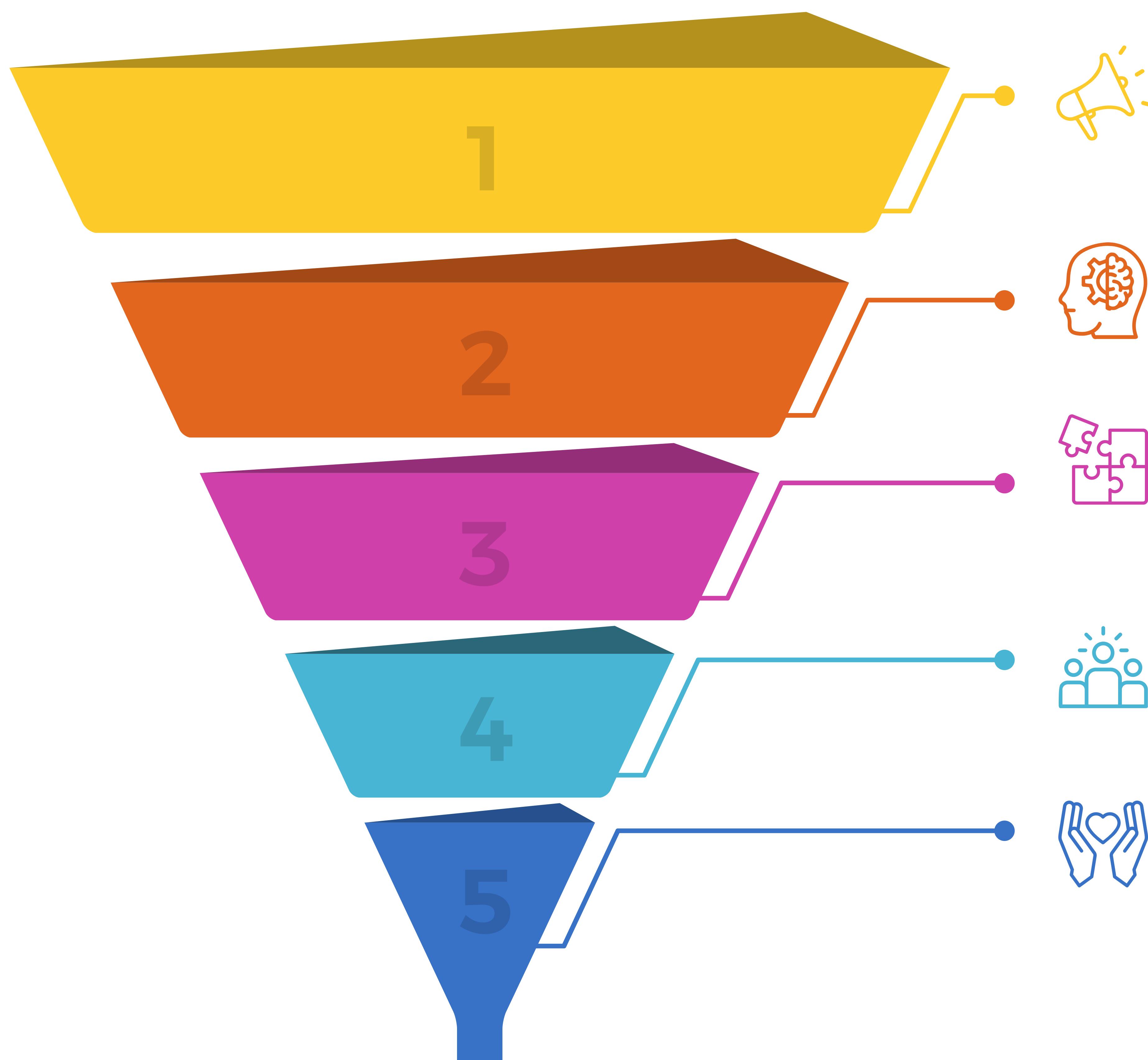


# Positive Psychology and Flourishing: The Link Between Them All



## 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 FOXO	Cd CURIOSIDADE	Mm MODULAÇÃO DO MEDO	Is INICIATIVA SOCIAL	Ep EMPAFIA
Or ORGANIZAÇÃO	Ic IMAGINAÇÃO CRIATIVA	Mr MODULAÇÃO DA RAIVA	As ASSERTIVIDADE	Rt RESPEITO
De DETERMINAÇÃO	Se SENSIBILIDADE ESTÉTICA	Mt MODULAÇÃO DA TRISTEZA	Es ENTUSIASMO	Cf CONFIANÇA
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.

