



# A WEEK IN *Learning*

**L&D RECOMMENDATIONS**  
*for TED Talks, podcasts, books, and more!*

## DISCOVER THE PATH TO WELL-BEING WITH THE POSITIVE PSYCHOLOGY PODCAST

Podcast Recommended by Jason Edelman, Supervisor, Instructional Design



Interested in boosting your well-being and understanding human happiness? Dive into The Positive Psychology Podcast. Host Kristen Truempy covers a spectrum of topics, from enhancing relationships to managing anxiety, all through the lens of positive psychology.

Each episode, supported by solid research, makes psychological concepts actionable. For example, the "Power of Ritual" episode discusses how daily rituals can foster not only mental well-being but also psychological safety in stressful times.

This podcast is a resource that educates and inspires listeners to implement positive changes for a more fulfilled life. Whether you're new to the field or a seasoned practitioner, you will find valuable insights. Integrating positive psychology into daily routines can boost personal happiness and resilience, which is essential for thriving in personal and professional settings.

Explore more about The Positive Psychology Podcast and its impact on psychological safety and happiness.

*Click each link below for more information*



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