Component 2: Train the Trainer and Expert Consultation

This component involves equipping and certifying human resource professionals, managers and leaders, and employee facilitators in PWF practices (**Mental Fitness, Resiliency** and **Positive Leadership Practices**).

This training provides participants with the prerequisite knowledge, skills, resources and strategic plans for assisting individuals within the public, private and nonprofit sectors to apply, model and promote evidence-informed positive psychology practices that contribute to healthy and effective workplace communities.

WMA senior consultants are available to assist and provide support to certified PWF trainers in the rollout of training activities within each workplace unit or team. The goal of the Train the Trainer component is to build capacity within organizations to embed, expand and sustain practices over multiple years.