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 **Finding Joy in Our Work Through PERMA Planning**

**Josh Vaisman, CCFP, MAPPCP**

**Thursday, March 17, 2022**

2:30 PM Eastern/1:30 PM Central/12:30 PM Mountain/11:30 AM Pacific

**FREE Webinar for VMA Members**

**Click** [**here**](https://us02web.zoom.us/webinar/register/WN_ucViDJECSne4rs_7nXBdFg) **to register today!**

Finding Joy in Our Work Through PERMA Planning will address key topics including:

* The absence of illness is not necessarily wellness. It’s a profound sentiment put forth by Dr. Martin Seligman, one of the founders of the field of Applied Positive Psychology.  Put another way, we can be not burnt out at work, and not thriving, all at the same time.
* What contributes to a sense of thriving in work – and life? In this session we’ll explore the science of Positive Psychology and the PERMA model for psychological wellbeing.

You’ll emerge from this session with an understanding of what’s already good in work and life, and how to cultivate a sense of flourishing that feels even better.

**Josh Vaisman, CCFP, MAPPCP**
Josh believes all veterinary professionals deserve to feel fulfilled by their work, each and every day. Through his company, Flourish Veterinary Consulting, he combines more than 20 years of veterinary experience, a master’s in Applied Positive Psychology & Coaching Psychology, and education in Positive Leadership and Positive Organizational Scholarship to help them do just that.