



Brochur 2024

Flourished You

The science of wellbeing & flourishing applied to life.



Welcome,

It is a great honour to present my work in the realm of wellbeing.

As a Positive Psychologist and Coach, I am deeply passionate about wellbeing and the good life. In my practice I follow a holistic approach by combining the latest scientific insights with various traditional teachings and practices such as mindfulness meditation or TRE. My approach is characterised by a warm and empathetic approach that recognises and values each individual as they are, with the strong belief that everyone has the potential to flourish in the right conditions.

In this brochure, you will find my offer as a practitioner for retreats, hotels and resorts and the different ways in which I support people to increase their wellbeing and create a good or even great life.

It is my pleasure to introduce myself to you with this brochure and I am always happy to receive questions, inquiries and suggestions. You can get in touch with me at saskia@flourished-you.com or via the website.

A handwritten signature in black ink that reads "Saskia Fela". The signature is fluid and cursive, with a long, sweeping underline.

The Mission

My why and how of life and work

I am passionate about wellbeing and helping others connect to their unique notion of a well-lived life. My approach combines Positive Psychology with traditional practices, emphasizing self-awareness and aligning actions with one's true self.

My mission is rooted in the understanding that our time on this Earth is limited, and I am dedicated to living my own life to the fullest while aiding others in discovering their unique paths to fulfilment. In my practice as Coach and Facilitator of workshops and trainings, I draw upon the principles of Positive Psychology, the science of wellbeing and flourishing to enrich the lives of those involved.

I believe that true fulfilment in life arises from aligning one's sense of self with one's actions, therefore my practice is centred on nurturing self-awareness and creating this essential harmony. Recognizing that life offers a myriad of distractions, I understand the urgency of honing in on what truly matters. Each day, countless demands vie for our attention, and it's all too easy to let years or even decades slip by without a genuine connection to our deepest self, that is what we consider meaningful and worthwhile.

My approach is informed by both Western science and the teachings of millennia old traditions, including disciplines like Yoga and Buddhism. Both are integrated into my work, providing the fertile soil for a flourishing life.

I personally grappled with the quest for meaning and purpose in and of life, due to the profound experiences of illness and the loss of my mother. This journey led me to Positive Psychology, the science that studies the elements that make life worth living. I am not merely an advocate for these principles; I embody them in my own life. I follow my personal (spiritual) practice of meditation, contemplation, reflection and envisioning. This dynamic approach allows me to adapt and align with my evolving life circumstances and stages as living a meaningful life is not a one-time construction of a big hairy ambitious goal. It is a process that needs to grow and evolve the same way we do.

In fact, in June 2022, I took a significant step toward my meaningful life by divesting myself of most possessions and venturing on a nomadic lifestyle alongside my partner. This decision epitomizes my belief in the power of living a joyful life and fully embracing the present moment whilst being of service to the world – a philosophy I am eager to share and support in other people towards wellbeing, purpose, and a truly flourishing life.

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Saskia Fehr

Positive Psychologist & Coach

My passion is the good life from a holistic perspective that unites body, mind and the external world. I strive to promote wellbeing and flourishing by applying Positive Psychology to life.

The hats that I wear...

As a Coach, I support people in bringing more meaning and purpose into their lives aiming for higher wellbeing and flourishing.

As a facilitator of events such as retreats, mindfulness practices, sharing circles or TRE®, I enjoy the deep connection with the participants and regularly experience awe and wonder in this work inspired by the insights they gain and share.

As a trainer and consultant, I facilitate workshops and seminars on the application of Positive Psychology at work and in everyday life to increase wellbeing, retain and attract employees and thus increase the performance of people and organizations.

As a lecturer, I am passionate about teaching Positive Psychology and enjoy the inspiring exchange with my students.

Credentials at a glance

- M.Sc. Applied Positive Psychology and Coaching Psychology
- B.Sc. Organisational Psychology & Neuropsychology
- EMCC Individual Accreditation Senior Practitioner
- TRE® - Provider
- Yoga Alliance certified Yoga Teacher
- Certified Happiness Manager (TÜV)



The Offering



Positive Psychology Workshops

Integrative interactive and science-based programmes to promote wellbeing & flourishing.



TRE®

A series of exercises that assist the body in releasing deep muscular patterns of stress, tension & trauma.



Psychological Coaching

The evidence-based art of facilitating the performance, wellbeing & development of another.





The Offering

Positive Psychology Workshops

Integrative science-based programmes to promote
wellbeing & flourishing.

www.Flourished-You.com



The Offering

Positive Psychology Workshops

Integrative science-based programmes to promote wellbeing & flourishing

Positive Psychology Workshops & Retreat Programmes

The workshops and retreat programmes integrate a variety of elements for transformative results. Psychoeducational content from Positive Psychology is presented to participants in an accessible way through talks and various reflective exercises.

The sessions are highly interactive and creative, allowing true introspection and discovery to happen. In addition, great emphasis is placed on sharing and dialogue. Mindfulness meditation and guided dream journeys complement the sessions.

90 mins session

This is a group session. Guests sit on Yoga mats or chairs in a private and comfortable environment. There will be a lot of writing and talking.

Sessions can take place as part of a consecutive programme or independently of each other. Topics can be customised to the needs of the guests.



Case Study



A retreat programme was designed for the Buchinger Wilhelmi Fasting Clinic at Lake Constance in Germany, which was implemented with outstanding success in January 2024.

At the Buchinger Wilhelmi Clinic, high-profile guests find an exclusive retreat from the everyday stress and demands of their professional environments. The clinic aimed to offer a programme to mark the start of the new year which would put a new twist on the typical "New Year, New Me" idea. For this purpose, a six-day programme was designed and implemented, based on cutting edge findings from Positive Psychology and integrated with coaching and mindfulness practices.



BUCHINGER
WILHELMI

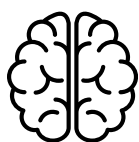
Case Study

Buchinger Wilhelmi Clinic

A programme for more meaning, purpose and wellbeing in life.

Following a comprehensive needs assessment of the guests at the Buchinger Wilhelmi Clinic, various workshop elements were designed and systematically harmonised with one another to develop an adequate evidence-based programme customised to the guests' specific needs.

The Approach



Psychoeducation

The competent and accessible communication of psychological content.



Reflective Journaling

The inspiring guided written introspection using worksheets, poetry and exercises.



Group Sharing & Discussion

Supervised exchange in small and larger groups using group coaching approaches.



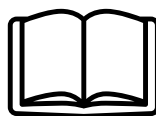
Guided Meditations

Guided meditation and dream journeys to stimulate inspiration and visualisation.



Positive Psychology Interventions

Scientifically proven exercises and activities from Positive Psychology designed for positive emotions, thoughts and behaviour.



Workbook

Accompanied by an ebook with background knowledge, further exercises and inspiring content such as poems or traditional teachings.

Case Study

Release. Align. Proceed.



Letting Go

Detaching with gratitude from the things that no longer serve our growth and development - guided meditation and reflection closed by a fire ceremony.



Sources of Meaning

Everyone perceives different things as particularly meaningful in life. We want to identify these sources of meaningfulness together.



Core Values

Everyone has a personal value system that underpins perception, action and identity. We want to clarify those core values together.



The Good Life

Wellbeing and the good life ultimately lie in the subjective judgment of the individual. This is about your personal idea of the best possible existence.



Vision

Through a guided visualization exercise, we will create a strong vision of a meaningful life and design our own visual aid: Your vision board.



Intention

At the end of the week, we will reflect on what we have developed for ourselves and create a plan for how we can integrate our insights into our lives.

Testimonials



Leonard Wilhelmi

MANAGING DIRECTOR

As an initiator and participant in Saskia's Positive Psychology group at our clinic, I can only praise her.

Her empathetic leadership and deep understanding of the dynamics within the group have created a welcoming atmosphere where people from different cultures and life situations feel comfortable and understood.

Saskia's clear-sightedness and keen sense of each individual's needs have helped to make the group feel more comfortable.

Her work has not only deepened my understanding of Positive Psychology, but has also inspired my own path of self-reflection and growth.

I am grateful for the experience and highly recommend Saskia as a group facilitator.

Positive Psychology Workshop Clinic

Testimonials

Elvira Fröhlich

PROGRAMME MANAGER

As the programme manager at Buchinger Wilhelmi and as the organiser of a seminar with Saskia Fehr on Positive Psychology, I would like to share my experiences. Working with Saskia Fehr was extremely refreshing and professional. From the very beginning, she was committed and enthusiastic about the idea of sharing her knowledge of positive psychology. Her expertise in this field is impressive and her passion for the subject is palpable in every interaction.



In addition, Saskia was extremely co-operative and flexible during the planning and delivery of the seminar. She was always open to feedback and adjustments to ensure that the needs of the participants were met in the best possible way. Her expertise, enthusiasm and professionalism contributed significantly to the success of the event. I can therefore unreservedly recommend her as a practitioner in this field.

There were many enthusiastic comments from the guests' feedback forms. It was often mentioned as a programme highlight. Here are two examples:

Saskias' workshop was life changing. You should work with her regularly. Learning how to feel and think more healthy. Not sure if it would have been the same without Saskias' workshop.

or:

Saskia's programme was great. I enjoyed the opportunity to participate in the positive psychology workshop as this made it easier to meet people and grow together.

Personally, I also took part in two sessions:

Saskia managed to convey complex concepts of positive psychology in an understandable and practical way. Her instructions were both inspiring and motivating. We were impressed by her expertise, her friendly and empathetic manner and her ability to bring the content to life.

Positive Psychology Workshop Participants

Testimonials



Toichi Herzberg

Saskia Fehr is a wise person with a friendly demeanor. It was a pleasure meeting Saskia who was the facilitator of a six day workshop at the Uberlingen Buchinger Wilhelmi Health Clinic in January 2024.

The workshop's goals was to help us understand our personal development goals based on what we consider important (or not) in our lives. To be honest I was initially attracted by the fire ceremony (which did not happen due to weather constrains) but ended up participating in all six group sessions because I was becoming more aware of my desired path ahead.

During and after the group sessions I had conversations with Saskia who shared some of her knowledge about spirituality, Buddha and Thich Nhat Hanh. Also about Vipassana Meditation which is now added to my to do list.

Tobias Gräf

GOURMET CHEF

I cannot emphasise enough how much Saskia Fehr's Positive Mental Health course has helped me. It wasn't just a course; it was a journey that helped me to sort out my thoughts, define personal goals and develop strategies to cope with everyday life with more serenity.

Saskia has an incredible ability to create a supportive and empathetic atmosphere in which I immediately felt at ease. The techniques I learnt there helped me to organise my thoughts and see my priorities more clearly.

What I particularly appreciate is the practical orientation of the course. It's not just about talking about problems, but also about taking concrete steps to overcome them. I now feel better equipped to deal with life's challenges and I am incredibly grateful for the experience.

If you are looking for a way to strengthen your mental health and bring more clarity into your life, I highly recommend this course. It was enriching for me and I'm sure it will be for you too.



Marie Seltzer

PSYCHOLOGIST

With her empathetic approach, Saskia Fehr created a mindful space in her group programme "Release Align Proceed" programme, in which I was able to immerse myself. With refreshed memories of what is meaningful to me in life, I was able to emerge and gather myself in the here and now. The programme is a harmonious and effective interplay of sensing, reflecting, respectful exchange and integration of self-experience.



The Offering

Tension & Trauma Releasing Exercise®

For more relaxation, psychological, emotional
& physical wellbeing.

www.Flourished-You.com



The Offering

Tension & Trauma Releasing -Exercise[®] (TRE[®])

For more relaxation, psychological, emotional & physical wellbeing.

Tension & Trauma-Releasing-Exercise[®]

TRE[®] (Tension & Trauma-Releasing-Exercise[®]) is a set of physical exercises designed to release body tension caused by stress and trauma through a natural neurogenic tremor process. TRE[®] helps trigger the body's natural tremor mechanism, allowing for the release of excess tension and promoting a state of calm and balance.

By intentionally pre-fatiguing specific muscle groups, TRE[®] facilitates the body's own involuntary movements, aiding in the release of built-up tension and supporting overall wellbeing.

60 mins session

TRE[®] can be done in groups and in one-on-one sessions. For the exercises, about one metre of free wall space per person and a yoga mat are required.



groups
of up to
12 people



1-on-1
individual
session

Two sessions with 3-7 days in between are recommended.



Explanation Tension-Releasing-Exercise®

What is TRE®?

Tension-Releasing-Exercise® (TRE®) is a series of physical exercises designed to release the tension in the body caused by stress and trauma through a natural neurogenic tremor process.

In the event of a dangerous situation, i.e., an experience that is potentially traumatizing or exceeds coping mechanisms, energy and tension-generating chemicals are released, protecting the body by tensing various muscle groups and preparing it for one of three emergency responses: Fight, flight or freeze.

Shivering is a natural mechanism of the body to release the strong tension and excess energy generated in the organism in a dangerous situation. Shivering, trembling and other involuntary movements help the body to retain a state of calm and balance.

Often those chemical substances are not used, because in nowadays stressful situations (e.g. conflict, road traffic, etc.) we rarely flee or fight. As a result, the organism remains in a feedback loop and uses the substances to contract muscles to hold the excess charge and release it at a later time.

If these muscles do not get the opportunity to do this, a chronic state of tension develops. If the body remains in such a state of danger, many bodily functions are suppressed (e.g. immune function, cell renewal, etc.).

The state of tension in the muscles sends a signal to the brain that the danger is not yet over, keeping the body in a state of danger. Because of the communication between the body and the brain, the person also remains psychologically in a state of protection and defence which suppresses psychological growth, development and learning.

The excess tension in the body can be released through the TRE® exercises by eliciting the body's own involuntary movements through purposeful pre-fatiguing the involved muscle groups.

Explanation Tension-Releasing-Exercise®

Scientific Background

TRE® was developed by Dr. David Berceli, an American biogeneticist and psychotherapist, with the aim of supporting the body in processing traumatic experiences.

The research results of the American psychologist and biophysicist Dr. Peter Levine (Somatic Experiencing) show that mammals react to shock experiences or traumatic situations with numbness (the so-called dead centre reflex). After surviving the shock experience, the rigidity dissolves and the whole body begins to tremble. This trembling is considered by Dr. Levine as a self-healing mechanism of the body to restore the inner balance after the shock. If the body cannot dissipate the traumatic energy by trembling, it remains frozen in the body. The body then continues to respond as if the traumatic threat is still present.

Building on Dr. Levine's findings, Dr. Berceli developed the Tension and Trauma Releasing Exercises. The exercises are used to make the body tremble and release traumatic energy that is bound up in the body.

What happens in the body during TRE®

According to Berceli, the psoas muscles play a central role in the physical process of trauma. These muscles are located in the centre of the body. They connect the back to the pelvis and legs. If a traumatic event occurs, these muscles contract to protect the vital organs.

The tremor caused by TRE® releases the tension in this deep-seated muscle group. This can then return to a balanced state. According to Berceli, the central nervous system sends signals to the brain that the threat has passed.





Explanation Tension-Releasing-Exercise®

Who should practice TRE®

TRE® is not only helpful for people who have experienced trauma. Most people report relaxation after doing the exercises. TRE® can thus be used whenever one feels tense or stressed. For instance, it is recommended to practice TRE before going to sleep.

TRE® should always be learnt under the guidance of a trained provider. Training as a TRE® provider at NIBA e.V. includes weekend seminars, trauma education, practice hours and exams over a period of at least 2 years.

To gain confidence in the technique, two sessions a few days apart are recommended. Once TRE® has been learnt, it can be practised alone. A provider can be consulted at any time to deepen the process or work more specifically with interventions. TRE® can take place in groups of up to 12 people.

TRE® as a series of physical exercises can be adapted to any age and fitness level and can generally be performed by anyone who is advised by a doctor to engage in sport or physical activity. In case of doubt, a doctor should be consulted beforehand.

Testimonials



Daniel Münch

PORTFOLIO MANAGER

TRE was a life-changing experience for me. My body moved without me moving it. It was an amazing feeling. Afterwards I felt light and relaxed, which I would not have expected to feel at all because I am very busy at work and have a lot of stress. A great experience that Saskia made possible for me in a highly competent and professional way. I always felt comfortable and safe in her hands during the session.

Elvira Fröhlich

WELLBEING PROGRAMME MANAGER

As a participant in a TRE (Tension & Trauma Releasing Exercises) workshop, I found the experience extremely enriching.

The hands-on approach enabled me to engage with my own tensions and traumas at a deep level. The instructions were clear and empathetic and everyone felt safe and supported by Saskia throughout the workshop. The exercises helped me to release held tensions and connect more deeply with my body.

Overall, it was a transformative experience that can be recommended to anyone interested in healing from stress and trauma. Saskias attentiveness to all participants was special.



Ines Noack

CORPORATE CONSULTANT

My TRE workshop with Saskia Fehr was an inspiring experience. In a relaxed atmosphere, my body achieved a remarkable release of tension through the trembling of my thighs and pelvis.

Days later, the centre of my body still felt relaxed. My walk was lighter and more bouncy. Amazing. It certainly wasn't the last time I tried TRE.



The Offering

Psychological Coaching

The art of facilitating the performance,
wellbeing & development of another.

www.Flourished-You.com



The Offering

Psychological Coaching

The art of facilitating the performance, wellbeing & development of another.

Positive Psychology in Coaching

Coaching has been shown to boost self-confidence, enhance relationships, improve work performance, increase life satisfaction, and even lead to higher salaries. It is a proactive mental health intervention that helps clients achieve personal objectives through a structured and respectful process.

In my approach, I integrate Coaching Psychology and Positive Psychology, the scientific study of wellbeing and a life well-lived, offering tailored support for individual needs to promote psychological flourishing.

60-90 mins session

This is a one-on-one session which is conducted walking in nature or sitting in a quiet and private environment.



1-on-1
individual
session

Psychological Coaching

What is Psychological Coaching?

And what it is not.

Through coaching, we can gain clarity, direction and improve our wellbeing.

According to research, people are more self-confident, have better relationships, better work performance, higher life satisfaction and wellbeing, and even earn higher salaries as a result of coaching.

But what is coaching and what is it not?

Coaching as a proactive mental health intervention aims to improve performance and wellbeing or achieve a personal objective by helping clients learn rather than teaching them. All while maintaining a respectful, open and compassionate attitude and providing a structured process using appropriate techniques and tools.

Coaching happens in a co-created environment that drives best quality thinking, learning about oneself and navigating change.

The Flourished You approach is also called evidence-based Coaching or Coaching Psychology which could be described as a developmental process grounded in psychological theory.

What can be brought to coaching?

Coaching as such has no agenda, so the client can bring anything.

It is a method that can be applied in any thematic context whether career-related, relationships, leadership or personal development, the topic as such has no implication for the process of coaching since the coachee is considered the expert of the situation.

If someone is looking for advice on a specific issue, mentoring might be the right choice.

However,

my speciality is the application of Positive Psychology in coaching and training approaches.

Through the integration of Coaching Psychology and Positive Psychology, the approach can be adapted ideally to individual needs and combine the best of both worlds.

This implies that I will gladly guide you through certain topics of Positive Psychology and support you with interventions and background knowledge to live your life to the fullest and experience psychological flourishing.

Psychological Coaching

Previous Results

Coaching can serve many purposes and offers a compelling return on investment for both business and personal settings.

Possible *Coaching Subjects*

Coaching as such has no agenda. It is a method that can be applied in any thematic context. Whether career-related, relationships, leadership or personal development, the topic as such has no implication for the process of coaching since the coachee is considered the expert on his or her situation.

- Enhance wellbeing
- Manage Stress
- Gain clarity
- Identify strengths
- Increase performance
- Explore values
- Achieve objectives
- Improve relationships
- Navigate change
- Create a vision

Previous *Results*

The coaching process is evaluated on the basis of an anonymous survey to ensure the quality of the service and to identify further development potential.



9/10 average star rating by previous coachees for the coaching experience



- Improved Wellbeing
- Higher Life Satisfaction
- More Clarity
- Increased Self-awareness
- Improved Self-confidence



100% of previous coachees would recommend the coaching to others.

Free *Descriptions*

When asked to describe the coaching in own words, previous evaluations resulted in this word cloud.



Psychological Coaching

Testimonials



James Axtell

EXECUTIVE DIRECTOR

Saskia has a warm coaching style which encourages the development of a “safe” space for the co-creation of a coaching journey. Her deep knowledge of and passion for psychology, and in particular wellbeing, informed her approach and gave comfort to me as a coachee that I was in good hands.

Saskia is an empathetic listener with the flexibility to support her coachees’ thinking through appropriate questions, summarising, clarification and challenge. She is well-versed in how to structure a coaching session by both managing time well and, where suitable, keeping the goal of the session in mind.

Saskia coached me in English, not her first language. She was faultless in her understanding of the discussion we had each session and always responded fluently and articulately. I would recommend Saskia highly to other potential coachees.

Malgorzata Goshia

UNIVERSITY LECTURER

In our coaching sessions, Saskia was able to assist me in a variety of life domains (e.g., career direction and wellbeing). In particular, by guiding me through a clear and creative process, she helped me develop a specific and actionable 5-year plan aligned with my sense of meaning and personal resources.

She used a variety of coaching approaches to help me gain clarity over my goals and aspirations, supported me in finding my own solutions, and created a comfortable and supportive thinking space for me. I also appreciated her ability to challenge my unhelpful thinking patterns when necessary. Working with Saskia was a pleasure!



Niko Freitag

HEAD OF SALES

Saskia is a calming presence in a rushed world. The sessions with her allowed me to calm myself and her patient guidance through my own mind helped me to reduce stress and gain clarity.

I absolutely love her creative summaries of each session and have looked at them many times over the last weeks. A gift that keeps on giving (in the most positive sense)!





Introduction

Positive Psychology

The science of wellbeing, optimal functioning
& flourishing

What is Positive Psychology?

Positive Psychology is an exciting new field of study that explores the science of happiness, wellbeing, and human flourishing.

It focuses on the positive aspects of life such as love, hope, optimism, strengths, resilience and other resources. In doing so, it is a proactive approach to mental health that focuses on the potential of individuals and the cultivation of positive aspects in life.

Positive psychology encourages individuals to identify and develop their resources and focus on what is going well in their lives rather than what is going wrong.

Pos·i·tive Psy·chol·ogy

*/ˈpɒz.ə.tɪv saɪˈkɒl.ə.dʒi/
noun*

The scientific study of what makes life worth living.

Clinical Psychology



Struggling.

Yeah, okay.

Flourishing.



Positive Psychology

Clinical Psychology focuses on bringing people from a state of DISease towards a state of ease.

This approach got way more attention in Psychology than the positive side of perception and behaviour. But for a holistic approach to mental health and wellbeing, both approaches can and must co-exist.

Martin Seligman as former president of the American Psychologist Association (APA) is known as the founder of Positive Psychology. He recognized that much attention in Psychology was dedicated towards trauma, suffering and pain and relatively little attention was paid to happiness, exceptionalism, strengths, wellbeing and flourishing. So, when he was elected to become the new president of the APA in 1998, he proposed the new field of Positive Psychology.

”

Positive Psychology is an approach to bring people *from a good life towards a great life* instead of moving people who struggle towards "normal".

Seligman (2011)

Positive Psychology



is not about preaching positive thinking or ignoring that there is challenge, struggle and suffering in life.

Instead, it is about recognizing, accepting challenging situations in a way that facilitates growth.

Some core topics in Positive Psychology, for instance, are seeing a silver lining in life and strengthening resilience. From research in the area of post-traumatic growth, we now know that there is actually enormous potential for transformation, learning and growth in challenging and traumatic life events.

Knowing this is often helpful for people in the midst of the traumatic aftermath as it provides those who suffer with hope for better days to come.

Positive *Mind*,
Positive *Vibes*,
Positive *Life*?



Positive Psychology

Toxic Positivity

When talking about expanding the capacity for life satisfaction or enhancing wellbeing in general, there is one important caveat to address and that is *toxic positivity*.

Toxic positivity refers to the urge to maintain a positive mindset in any situation, no matter how difficult it may be, and to allow only positive feelings at all times.

”

Positive Psychology is not to be confused with untested self-help, footless affirmation, or secular religion—no matter how good these may make us feel. Positive Psychology is neither a recycled version of the power of positive thinking nor a sequel to *The Secret*.

Christian Peterson



Toxic Positivity

Toxic positivity results in the rejection of negativity, which has a negative impact on wellbeing.

In fact, studies have shown that suppressing negative emotions may result in physical stress (increased heart rate) and even higher levels of negative or unpleasant emotions, thus lower levels of pleasant emotions and impaired social skills.

To avoid falling into the toxic positivity trap, it is therefore important to have empathy not only for others but also for oneself and to recognise one's own emotions by cultivating emotional intelligence.

Another way to avoid toxic positivity is self-compassion which is a way of sympathising with yourself as if you were a good friend. You acknowledge suffering, see flaws and limitations and show understanding and kindness towards yourself.

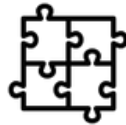
An important component of Positive Psychology, also known as Positive Psychology 2.0, involves proactively engaging with negative states and realising that these experiences always hold potential.

Positive Psychology

Areas of Research & Application



Positive Emotions



Meaning & Purpose



Goals & Performance



Flow



Resilience



Motivation



Positive communication



Transcendence & Spirituality



Mindfulness



Core values



optimism & hope

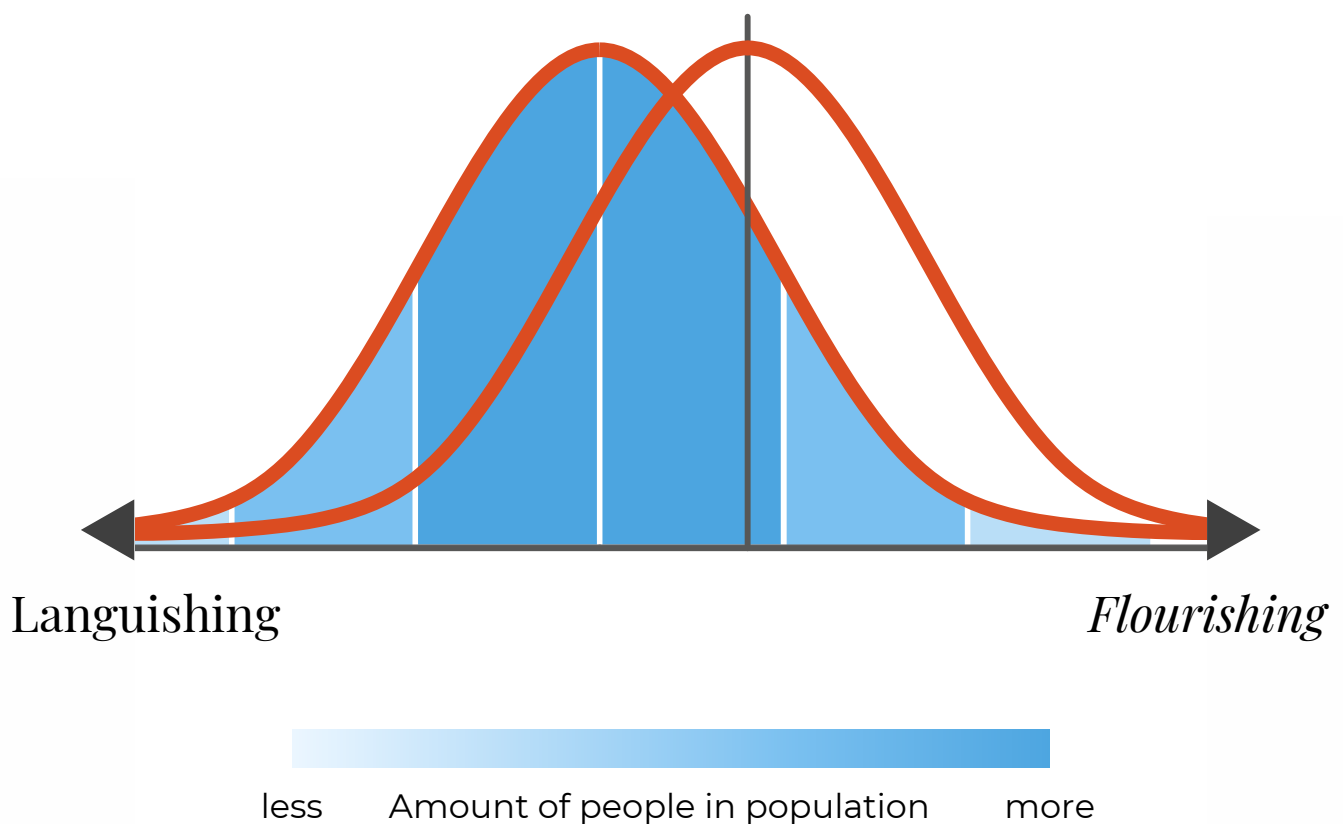


Character Strengths

And more...

The *Goal* of Positive Psychology

Even though the number of people struggling with mental disease is at a peak and continues to rise, most people are somewhat okay.



With a focus in practice and research on wellbeing, optimal functioning and flourishing, Positive Psychology aims to bring about a shift in society towards higher wellbeing or flourishing.



Positive Psychology

Positive Psychology is *WEIRD*

When applying findings from Positive Psychology, it is important to bear in mind that we are talking about a WEIRD (western, educated, industrialised, rich, democratic) perspective.

While this view may be applied in a WEIRD context, it might also exacerbate existing problems through a limited understanding of what it means to live a good life.

To provide a truly holistic understanding of wellbeing, the Flourished You approach therefore integrates the latest scientific knowledge from the Western wellbeing science, Positive Psychology, with the wisdom of other global disciplines that are concerned with living a well.

Positive and Humanistic Psychologists have not been first in addressing the question of a life well lived.

For millennia, humans have thought about how life can be lived in a particularly healthy, virtuous, pleasurable, long, meaningful, happy and transcendent way.

Based on this rich heritage traditions, practices and systems have been developed, tested and engineered over centuries and millennia.

Traditions, Practices & Systems for Wellbeing

The Western understanding of a good life is shaped by the philosophical schools of ancient Athens, spread through the Roman Empire.

This is where the two perspectives Eudaimonic wellbeing based on the teachings of Aristotle and the Stoics, and hedonic wellbeing linked to the teachings of Epicur come from.

Meanwhile, on the Indian continent, the Yogis, Rishis and Gurus developed Yoga as a model for living well. Yoga means union and it is described as the foundation and origin of emotional, mental, energetic, spiritual and physical wellbeing.

Another teacher of living well was Siddharta Gautama known as the Buddha, which translates as the enlightened one, who was born in the 5th century BCE in present-day Nepal. According to the Buddha's teachings, the middle way between sensual indulgence and asceticism is that of the good life. And Buddhism offers so much more on the subject of a well-lived life, such as teachings on right action and thinking, impernance of all things and the

cultivation of an awareness of the source of suffering, namely desire. Where there is no desire, there is no suffering.

At a similar time, the way of Dao (also Tao) emerged in China based on the teachings of Laozi. Central elements in the Dao are the teachings of energy (Qi), yin and yang, and traditions of body and mind cultivation through breath control, meditation and movement systems such as Qigong.

Then there is Shamanism, a practice found all over the world. In Shamanism, a practitioner interacts with the spirit world by intentionally entering an altered state of consciousness through various means such as rhythm, dance, fasting or substances in order to channel spiritual energy into the physical world for the wellbeing of those involved.



The Integration

The world of traditions, practices and systems is incredibly vast and diverse and yet similar elements can be found across continents and millennia.

This wisdom of generations of individuals who have dedicated their lives to the wellbeing and realization of their fellow human beings is something I aspire to explore (and experience) in my accademic research.

The ultimate vision for Flourished You is to promote holistic wellbeing in new-thought event and retreat approaches through the integration of Positive Psychology and traditional teachings and practices for a great life.

Because this life is *all* we have.



Introduction

The Flourished You Approach

The science of wellbeing & flourishing
applied to life.

www.Fourished-You.com

The Flourished You Approach

Wellbeing

A scientific explanation

In Positive Psychology, the scientific study of wellbeing, models for describing wellbeing draw on the two perspectives of hedonia & eudaimonia.

Positive Psychology provides several models to describe wellbeing. Let's have a look at the three major approaches of Psychological Wellbeing, PERMA and Subjective Wellbeing.

Psychological Wellbeing

takes a eudaimonic perspective and proposes six psychological faculties that cultivate positive psychological functioning and personal growth.

The PERMA Model of Wellbeing

is a mixture of eudaimonic and hedonic perspective and as an acronym combines the components: Positive Emotions, Engagement, Relationships, Meaning & Purpose and Achievement, and is supplemented by the component of Vitality for the sake of a holistic perspective on wellbeing in the Flourished You approach.

Subjective Wellbeing

stems from a hedonic perspective and implies that wellbeing is a subjective judgement of an individual's satisfaction with life in general or with individual domains of life.

After studying the definitions of wellbeing, I conclude...

that wellbeing is a complex and multilayered subjective phenomenon that originates from the balance of an individual's satisfaction across different domains of life.

These life domains or factors have different importance for everyone and follow individual standards and criteria influenced by an individual's value system.

So, on the one hand, every person has different domains in life which, according to their understanding, have an individual significance for a good life. On the other hand, the capacity or capability for contentment is different for everyone.

Therefore, in my understanding wellbeing can be cultivated via two pathways:

1. The wellbeing contributing life domains can be specifically supported and developed.
2. The capacity for life satisfaction can be cultivated through practices such as gratitude, loving-kindness, acceptance and mindfulness in line with the Buddhas' teachings.



The Flourished You Approach

The Goal: *A Flourished You*

If all the life domains that are perceived as important for an individual's wellbeing are considered highly satisfying, then this is called *flourishing* in Positive Psychology.

We flourish when we build a strong sense of meaning and purpose in life, achieve our goals, have great relationships and social support networks, experience pleasant emotions frequently, live in a healthy and vital body and are engaged in our daily lives by using our strengths and attention.

Flourishing is a process that requires proactivity and is attainable by everyone.



Curriculum Vitae

Saskia Fehr

Positive Psychologist & Coach

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E-mail saskia.m.fehr@gmail.com
Address Geisbergstr. 54, 50939 Cologne, Germany

I have a deep passion for wellbeing and the good life. As a lecturer, researcher, practitioner and student, I engage with the Western science of wellbeing, Positive Psychology and the traditional teachings and practices of various cultures to get to the bottom of the question of what a good life is and how we can live it. As a coach and trainer, I integrate these two areas to support my clients holistically.

EDUCATION

TRE® Provider

North German Institute for Body Psychotherapy and TRE®
March 2020 - June 2022 Tension & Trauma-Releasing Exercises
Exercise instructions and in-depth application of TRE®

Yoga Allianz certified yoga teacher (200h)

Worldpeace Yoga School, Rishikesh, India March 2022 — April
2022 Yoga: theory, philosophy, anatomy and practice (meditation,
asana, cleansing & mantra)

M.Sc. Applied Positive Psychology and Coaching Psychology

University of East London, London, United Kingdom February
2021 – February 2022 Master thesis: The Contextualization of
Wellbeing in Non-Western Cultures: A Meta-Synthesis. Grade:
Pass with Distinction

B.Sc. Psychology

RWTH Aachen, Aachen, Germany April 2018 — September 2019
Focus: Health psychology and neuropsychology Bachelor thesis:
The importance of gaps in the CV for assessing applicants and their
personality - interviews with personnel decision makers. Grade: 1.0

B.Sc. Organizations Psychology

Distance University of Hagen April 2015 – April 2018

Abitur (High School Diploma)

Schiller-Gymnasium Cologne · 2005 — 2013 Stay abroad and
school attendance at Northcote College, Auckland, New Zealand ·
June 2010 — October 2010

LANGUAGES

German (native language)

English (fluent)

Spanish (basics)

Italian (basics)

VOLUNTARY WORK

Consultant for a start-up for coaching psychology
· December 2021 – October 2022

Pro-bono Coaching
· February 2021 — Today

CERTIFICATES

EMCC Coaching Accreditation: EIA Senior
Practitioner

TRE® Provider

Accredited yoga teacher (200h)

Happiness Manager (TUV)

Finding Purpose and Meaning In Life: Living for
What Matters Most (University of Michigan ·
Oktober 2021)

IELTS Academic Result: C1 March 2020

SSI Open Water Diver · November 2023



PROFESSIONAL EXPERIENCE

Visiting Practitioner

Buchinger Wilhelmi Clinic, Lake Constance, Germany - January 2024

Wonderland, Koh Phangan, Thailand - Oktober — December 2023

Samma Karuna, Koh Phangan, Thailand - November 2023

Development and facilitation of various offerings such as psychological workshops, group and single coaching formats and TRE sessions.

Lecturer in Positive Psychology

MEU - Die Multiversität, Magdeburg, Germany

October 2023 — Today

Development, facilitation and evaluation of the module Positive Psychology and Empowerment in the M.Sc. Clinical psychology and empowerment.

Positive Psychology Expert

Likeminded, Berlin, Germany

July 2023 — Today

Developing and facilitating workshops, group and individual coaching based on Positive Psychology for greater wellbeing at work and in private life.

Positive Psychologist

Self-employed, www.flourished-you.com,

August 2021 — Today

With Flourished You I strive for the wellbeing and flourishing of individuals and groups in retreat and business settings. Through coaching and training approaches, Positive Psychology is applied to enhance wellbeing and performance holistically.

Volunteer advisor

Keptika, London, United Kingdom,

December 2021 — October 2022

Regular advice for a start-up that developed artificial intelligence in coaching supervision.

Trainer and Lecturer

Happiness Management Institute, Munich, Germany

February 2021 — July 2022

Co-development and facilitation of a TÜV-certified training program for happiness managers: people who establish principles of positive psychology in their company to promote wellbeing.

Support teacher

Deutschherrenschule, Hürth, Germany

January 2015 — January 2021

Remedial lessons in German and math for children (6-11 years) with a migration background and refugees on behalf of the job centre, Germany.

Team leading Board Room Hostess

InterCris Trade Fair Agency, Hanover, Germany

May 2016 — May 2020

Training and management of service personnel teams for trade fairs, general annual meetings and events of up to 53 team members.

Promotion

Buttler Verlagsmarketing,

Cologne, Germany

June 2014 — April 2015

Sales and marketing of newspaper.

Service

Restaurant Paprika & Cuba Bar,

Cologne, Germany

December 2010 — Oktober 2013

Table service and bar tending.

Curriculum Vitae

Saskia Fehr

VIA CHARACTER STRENGTHS



Love of learning



curiosity



creativity



Love



Appreciation of
beauty & excellence

HOBBIES & INTERESTS

Travel: With a camper, suitcase or backpack, preferably in the Mediterranean region and Asia

Outdoor activities such as: hiking, diving, camping, skiing & kayaking

Reading: Preferably Thich Nhat Hanh, Eckhart Tolle and similar

Yoga & Vipassana Meditation

Retreats and getting to know various spiritual/traditional practices

Time with my loved ones

Art & Design

STAYS ABROAD

Digital nomad life

· June 2022 — Today

Yoga Teacher Training, Rishikesh, Indien

· March 2022 — April 2022

Studies, London, United Kingdom

· February 2021 — February 2022

World Travel

· October 2013 — April 2014

Northcote College, Auckland, New Zealand

· June 2010 — October 2010



Thank you,
for your interest.

With absolute delight, I will answer any question, provide you with more information or arrange a free call.

Saskia Fehr

Positive Psychologist & Coach
Flourished You

saskia@flourished-you.com

VIA Signature Strengths
Love, curiosity, creativity,
appreciation of beauty &
excellence, love of learning

Please find my
availability for a
free call here.

