

# The Power of Positivity, Purpose, and Happiness

This section includes courses that explore creating a life of meaning and purpose, building on the importance of surrounding yourself with positivity and its powerful benefits on your overall well-being.

[Showing Up Authentically at Work](#)

[Staying Positive in the Face of Negativity](#)

[Uncovering Your Authentic Self at Work](#)

[Work on Purpose](#)

[How to Develop Friendships and Connect](#)

[Meaningfully with Work Colleagues](#)

[How to Make Work More Meaningful](#)

[How to Train Your Brain For Happiness](#)

[A Beginner's Guide to Finding Your Calling](#)

[Find Your Passion: How Padma Lakshmi Found Hers](#)

[Finding Your Purpose at Work](#)

[How to Create a Life of Meaning and Purpose](#)

