

# Positive Psychology at Work

Sharing insights and tools  
to help you  
thrive



Emma Delahey



Emma Delahey is a Wellbeing and Life Coach and uses insights and tools from positive psychology (the science of human flourishing) to inspire and empower people to enhance their wellbeing at work and at home, and to increase their confidence professionally and socially. Emma is a qualified Coach (ICF certified training) and has a postgraduate qualification in positive psychology from Melbourne University. She is also a workshop facilitator and wellbeing writer.

**31 March 2021 | 5 PM - 6 PM (AEDT)**

**Register now: <https://positive-psychology-at-work.eventbrite.com.au>**



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IEEE Women in Engineering, Victorian Section  
in collaboration with  
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