



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

POSITIVE RELATIONSHIPS

Build Meaningful Connections.
Strengthen Relationships.
Create Deeper Wellbeing.

Learn how positive relationships contribute to happiness, belonging, and a fulfilling life through the science of wellbeing.

ENROLL
NOW

What are Positive Relationships?

Positive relationships are central to wellbeing. This course uses positive psychology to help you build stronger connections, improve communication, develop trust, and create healthier, more meaningful relationships.

Through practical activities and reflection, you'll learn strategies to strengthen relationships, foster positive interactions, and create deeper, more fulfilling connections.

Who this Course is for

Perfect For:

- ✓ Individuals building healthier relationships
- ✓ Anyone wanting stronger communication skills
- ✓ Professionals building positive workplace relationships
- ✓ Leaders fostering supportive and connected teams
- ✓ Students seeking confidence and emotional awareness
- ✓ Anyone wanting stronger, more meaningful connections

Features



What you will LEARN

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|  Develop Empathy & Understanding
Strengthen your ability to connect with others |  Understand Positive Connections
Explore the role of relationships in wellbeing |
|  Create Meaningful Relationships
Apply positive psychology to build lasting connections |  Build Trust & Respect
Develop stronger, more supportive relationships |
|  Navigate Challenges
Learn strategies to manage conflict effectively |  Improve Communication
Learn skills for healthier and more meaningful conversations |



Meet Your Instructor Cynthia Aisha Meguid

Wellbeing Education Specialist

Cynthia Aisha Meguid empowers individuals and organisations to strengthen wellbeing, resilience, self-awareness, and meaningful connections through evidence-based wellbeing education. Her approach combines positive psychology principles with practical tools that help people create healthier relationships and lasting positive change.



READY TO BUILD STRONGER RELATIONSHIPS?
www.aishameguid.com

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