

How to Thrive in Law: Positive Psychology

Thursday 15 February 2024 – 12.30pm – 1.30pm



Marie McLeod

Founder of ThriveAbility and How to Thrive program, Creator of the BEACON framework™,

Marie is a mental health specialist, Keynote Speaker, Coach and positive psychotherapist as seen in the "How to Thrive" film.

Marie is qualified in Social Work, Positive Psychology and Adult Education, yet, like most of us, has struggled at times. These struggles led to the creation of the How to Thrive program.

As a human being, a parent and a professional who helps others thrive, Marie also continue to learn, live and grow into her best self and invites you to do the same.

Marie's mission is to show the world that happiness is a learn-able skill; to make the science of wellbeing approachable, practical and easy to learn, regardless of where you are on the mental health continuum.



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