



2026 Duke University Faith and Human Flourishing Workshop

There has been increasing interest in the topic of “Human Flourishing” (a state of happiness/well-being, meaning and purpose, virtue/morality, close social relationships, mental/physical health, & financial/material stability) and the narrow pathway that leads to it. We will be holding a 2 full-day online workshops on Faith and Human Flourishing to equip mental health professionals (counselors, psychologists, pastoral counselors, life coaches), chaplains (healthcare, VA, and active-duty military), healthcare professionals (physicians, nurses, social workers, rehabilitation therapists, etc.), community clergy, and students of every type (high school, undergraduate, graduate, etc.) with the learning skills and 8 programmatic interventions to maximize human flourishing at home, in social relationships, and in work or school settings. This 2-day online workshop via Zoom is being held on **Saturday, May 16 (Part 1), and Saturday, June 20, 2026 (Part 2).**

Part 1: Faith and Human Flourishing Workshop – (May 16, 2026, online/Zoom)

Schedule

8:45-9:00	Introduction and review of schedule
9:00-9:15	Definitions (faith, holiness, human flourishing)
9:15-9:30	Sources of information on human flourishing
9:30-9:45	Q & A
9:45-10:00	Break
10:00-11:00	Review of research on faith/holiness and human flourishing
11:00-11:15	Q & A
11:15-11:45	Overview of 8 programmatic interventions to enhance human flourishing
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-2:00	1. Loving God , with Q & A
2:00-3:00	2. The Kindness Challenge , with Q & A
3:00-3:15	Break
3:15-4:15	3. Expressing Appreciation , with Q & A
4:15-5:15	4. The Gratitude Challenge , with Q & A
5:15	Adjourn

Part 2: Faith and Human Flourishing Workshop (June 20, 2026, online/Zoom)

Schedule

8:45-9:00	Introduction and review of schedule
9:00-9:15	Review: Definitions

9:15-9:30	Review & Update: Sources of information
9:30-10:00	Review: Research on faith and HF, and results from first wave of the Global Flourishing Study
10:00-10:15	Q & A
10:15-10:30	Break
10:30-11:00	Overview of 8 programmatic interventions to enhance human flourishing
11:00-11:45	5. Building Character Strengths
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-2:00	6. Becoming more Forgiving
2:00-2:15	Q & A
2:15-3:15	7. Becoming more Humble
3:15-3:45	Q & A and Break
3:45-5:00	8. Attention to the Brain and Physical Body
5:00-5:15	Final Q & A
5:15	Adjourn

Faculty (for 2-day workshop)

Harold G. Koenig, M.D.

<https://spiritualityandhealth.duke.edu/index.php/harold-g-koenig-m-d/>

Location

On-line EST (New York time)

Cost for Human Flourishing workshop (May 16 and June 20)

\$199 for one day or \$300 for both days (includes PDF of PowerPoint presentation and certificate of attendance if requested)

Tuition is negotiable students in those with financial problems (although everyone needs to pay something for this valuable 2-day workshop); contact Dr. Koenig.

Registration

- **Write out check to:** "Department of Psychiatry, Duke University"
- **Send to:** CSTH, 415 Clarion Drive, Durham, NC 27705-1818
- Provide email address where receipt can be sent
- **To wire tuition funds** for online workshop see next page and contact Dr. Koenig. However, **please avoid wiring funds whenever possible** (wired funds are almost always lost in the huge Duke University accounting system). Even if you are from a country outside of USA, simply send a check from a major bank in your country to the address above or money order from a post office or local Walmart in **USD (only USD)**.

Questions

Harold.Koenig@duke.edu

Please forward this information to anyone you think might be interested

**Duke University
Electronic Funds Transfer Information**

Please use the following information for **INTERNATIONAL and DOMESTIC** wire transfers.

Bank Wells Fargo Bank, N.A.
420 Montgomery Street
San Francisco, CA 94104 USA

Swift Code WFBIUS6S (International only)

Wire Routing Transit Number (RTN/ABA) 121000248 (Domestic only)

Beneficiary Duke University Concentration Account
Beneficiary Address 324 Blackwell St., Suite 900, Durham, NC 27701
Account # 2023740253053

Amount: \$199.00 USD [plus any wire transfer fee, which must be added]

Details: Deposit in Fund Code 392-0310, GL 340900

Contact: Harold G. Koenig, Department of Psychiatry and Behavioral Sciences,
919-949-3854

E-mail: Harold.Koenig@duke.edu.

Significant delays in posting wires to the appropriate Duke University fund codes may occur if details are not included in the wire reference field.

*****Send copy of documentation of wire transfer to Harold G. Koenig at Harold.Koenig@duke.edu after transfer is made to ensure that the money goes into the correct account, otherwise the funds will not be credited*****