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Resumo	This article explores the need for guidelines for the teaching of Positive Psychology in Brazil, considering the importance of training qualified professionals to promote mental health and well-being. The method involved a collaboration with experts from the Associação Nacional de Pesquisa e Pós-Graduação em Psicologia



(ANPEPP) Working Group and revision of the new National Curriculum Guidelines to integrate theories and evidence into consistent guidelines for the teaching of Positive Psychology. As a result, three axes were identified: curricular guidelines, teaching and student competencies, challenges and opportunities. The analysis showed that training in Positive Psychology requires both theoretical understanding and practical skills for ethical and contextualized application. It is concluded that the teaching of this area promotes not only technical skills, but also personal development, and a structured educational planning is essential to integrate well-being practices in varied contexts.

Fomento
