



INTRODUCTION TO POSITIVE PSYCHOLOGY



Delivery:
Face to Face or Virtual



Duration: Full day



Maximum Participants: 12



Recommended for:
This workshop is appropriate
for anyone in your organisation



Fully Pre-qualified on:
buy.nsw Supplier Hub,
VendorPanel and AusTender



Create a culture of optimal functioning in your workplace

In the last 20 years there has been a fundamental shift in psychology from focusing on what is wrong with us, to what is right. The science of Positive Psychology now offers proven tools and strategies to help organisations foster excellence, resilience, engagement and creativity.

WORKSHOP CONTENT

In this introductory workshop we explore the science and practice of positive psychology. Participants will gain a powerful overview of the emerging science as well as “busy proof” strategies to enhance engagement, resilience and leadership in their professional and personal life.

This workshop has been designed to target learning and development capability needs as addressed in the current NSW Public Sector Capability Framework (2013).

LEARNING OUTCOMES

Upon completion of this workshop, participants will be able to:

- Understand the Positive Psychology concept: what it is and how it can be applied in your workplace
- Recognise the science behind peak performance

- Understand the concept of Flow at work and how it can be implemented through the Flow Tool
- Identify signature strengths in yourself, your colleagues and your team
- Utilise the PERMA model
- Identify the difference between a fixed and growth mindset
- Develop ways to promote a growth mindset culture with colleagues
- Reframe challenging situations into positive opportunities
- Plan customised positive psychology interventions for your workplace

ENSURE YOUR ORGANISATION THRIVES

With a fast-growing body of research, Positive Psychology is becoming a central part of best practice training and development across sectors.

NSW CAPABILITY FRAMEWORK ALIGNMENT

- Personal Attributes
- Relationships
- Results

RELATED WORKSHOPS ALSO AVAILABLE:

- Leadership Development
- Communication Skills
- Managing for Good Performance

“ Interesting theory as well as a practical approach to developing your own strengths and weaknesses. A profoundly helpful course to living life well. ”