Overview
This seminar explores one of the major influences on workplace wellbeing today: the application of the principles of positive psychology to increase productivity and teamwork. Positive psychology is the science of resilience – human thriving, rather than merely surviving.

Objective
This interactive session provides a unique opportunity to learn some key principles of Positive Psychology and apply them in the workplace. Participants will develop an understanding of the principles of optimum human functioning and learn about a simple model for building their optimism, gratitude, engagement, positive relationships and sense of purpose. The importance of explanatory style and how to discipline your thoughts are explored through individual and small group exercises.

Key learning outcomes
Participants can expect to gain from this session an ability to:
• define the main principles of positive psychology
• look at ways of applying the principles in their own workplace
• explore some communication tips that help boost psychological health
• be motivated to improve work performance and ensure working environments are health promoting.

Seminar delivery
• engaging presentation style format with group discussions and opportunity for Q&A at the end of the session
• participants will be involved in a small group activity and will receive a take home tip sheet outlining practical tips and effective strategies to assist in applying the content of the session
• delivered by En Masse expert facilitator experienced in delivering mental health content to a wide variety of professionals