

POSITIVE PSYCHOLOGY PERMA +

This workshop examines the 5 key principles of the PERMA model of Positive Psychology, which is an exciting new area of psychological theory that focuses on strengths and resilience. This workshop specifically examines how managers can implement Positive Psychology principles personally, in their teams and across the wider organisation. The concept of resilience is defined and practical strategies for building team resilience and change readiness are outlined.

Content

- Defining Positive Psychology and its application to the workplace and personal life.
- The neuroscience of happiness.
- Character Strengths and Core values – what are you good at and what do you value?
- Resilience and learned optimism – how to build capacity to bounce back.
- How to build psychological capital and well-being at work – developing a positive team culture.
- Creating positive meaning and engagement at work.
- Change readiness strategies.

Outcomes

- Understand the principles of Positive Psychology and the science of wellbeing.
- Identify your Character Strengths and Core Values.
- Understand resilience and how to build personal, team and organisational capacity.
- Understand the theory of effective organisational change and how to be change ready.

Who Should Attend

Those leading and managing others who seek to have a better understanding of positive psychology principles for management.

Benefits to You and Your Organisation

- Improved employee morale and motivation.
- Increased productivity and team engagement.
- More effective change outcomes.
- Understand how to enhance employee wellbeing, and implement tools to promote resilience.

Competency Framework

First Line Manager Common (AS03-AS05)
Middle Manager Core (AS06-AS08)

Facilitator

Samantha Way

Contact

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Duration

1 half day
9:00am-12:30pm
8:45am registration

Dates & Bookings

[Please refer here](#)

Location

Level 6, 12 Pirie Street
Adelaide SA 5000

Inclusions

Workbook, morning tea and refreshments

Costs

Professional Members \$260
State Gov Members \$295
Corporate Members \$305
Non-Member \$325

This course is part of the 21st Century Manager program. Register for the full program to receive a 10% discount.