



PERMA Plus For Managers

“The greatness of a man is not how much wealth he acquires, but in his integrity and ability to affect those around him positively”. Bob Marley

This workshop examines the 5 key principles of the PERMA model of Positive Psychology which is an exciting new area of psychological theory and research that focusses 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 then defined and practical strategies for building team resilience and change readiness.

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

Benefits to you

- Gain the tools to implement positive psychology principles into your work and personal life
- Understand how to enhance employee wellbeing and implement tools to promote resilience
- Increased effectiveness in understanding change and effective implementation of change programs

Benefits to your Department

- Improved employee morale and motivation
- Increased productivity and team engagement
- More effective change outcomes

Competency Framework Level [First Line Manager](#) Common (ASO3 –ASO5)
[Middle Manager](#) Core (ASO6- ASO8)

Duration 1 Half Day 9:00 am – 12:30 pm

Facilitators [Luke Broomhall](#) or [Samantha Young](#)

Price
[Professional Member](#): \$160
[State Government Member](#): \$199
[Corporate Member](#): \$199
Non-Member: \$245

Refreshments, morning tea, a comprehensive workbook and certificate of participation, (signed by IPAA SA President and Commissioner for Public Sector Employment, Erma Ranieri) will be provided.



This course is a part of the **21st Century Manager Series** register for the entire series to receive a 10% discount

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SA Division**