Strengths Profiling & Positive Psychology application

> "Positive psychology… builds the best qualities in life"
>
> Martin Seligman

What is it?

Positive psychology focuses on the promotion of flourishing and wellbeing for an optimal life (Seligman 2012). In other words, cultivating positive emotions which support you to grow to be the best you can be.

Positive psychology is a very broad topic. However, some components particularly relevant for leaders and their teams include: positive leadership, strengths, mindfulness, purpose and meaning, alignment with values, managing change, gratitude, stress management, resilience, flow, happiness, mental toughness, and peak performance.

Strengths are a particularly well developed area of positive psychology. The Strengths Profile tool assesses 60 strengths providing a profile that forms the basis of coaching conversations that follow. Strengths Profile can be used with individuals and collectively in a team profile.

Who will benefit?

Anyone, including all professionals and middle/senior leaders.

What is the benefit for individuals?

- improved work life
- improved personal life
- career development
- self awareness
- goal attainment
- less stress
- happiness
- more resilience

What is the benefit for teams & organisations?

- increased performance
- productivity
- engagement
- lower staff turnover
- increased customer satisfaction
- and ultimately, increased profit

> "When managers are enabled to have strengths based conversations with their team members they can increase performance by 36%"
>
> Cappfinity

> "Building positive emotions will broaden creative openness, understanding and behaviour"
>
> B Fredrickson

How does it work?

Positive Psychology tools and techniques are integrated into all leadership development and coaching, and team development and coaching services I provide where relevant.

Stand alone sessions or workshops related to particular aspects of positive psychology are also available.

Strengths profiling services for individuals and teams can also be provided as a stand alone service.

What next?

Contact me for a no obligation chat about you/your teams potential growth story

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