

COURSE OVERVIEW

Positive Psychology

TIPTM-107



Positive psychology focuses on the strengths and positive influences that shape a person's emotional and mental well-being. A positive mindset not only enhances personal happiness but also boosts productivity and resilience.

In business, success often hinges on your ability to share ideas, build support, and influence others. Crafting an authentic personal narrative (one that communicates your passion and values) helps you connect meaningfully with others and reinforces your commitment to achieving your goals.

Module 1: Personal Commitment

Personal commitment is the engine of success; it drives persistence, sharpens accountability, and inspires excellence.

- The route to success
- The power of storytelling
- Elevator pitch
- Creating your own story
- Creating your own personal commitment statement

Module 2: Positive Psychology

Positive psychology focuses on the strengths and positive influences that shape a person's emotional and mental well-being.

- Positive mindset
- Positive mindset maturity model
- Identifying your Why

Suitable for:

Anyone experiencing stress or wishing to understand how to identify stress levels in themselves or others.

Skills achieved:

- Decisiveness (Basic)

Related Resources:

- Career Development Assessment
- Work-related stress Assessment
- Stress Reduction Assessment
- Performance Checklist
- Performance Improvement Plan Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

25 Minutes

Related Courses:

- Developing Self-Awareness
- Learning to Learn
- Emotional Intelligence
- Self-Management
- Positive Mindset
- Defining Personal Goals