

Rethink⁺

Positive Psychology Wellbeing Workshop

for long-term team resilience and positive growth

Pilot Scope
Winter 2022

Workshop aims:

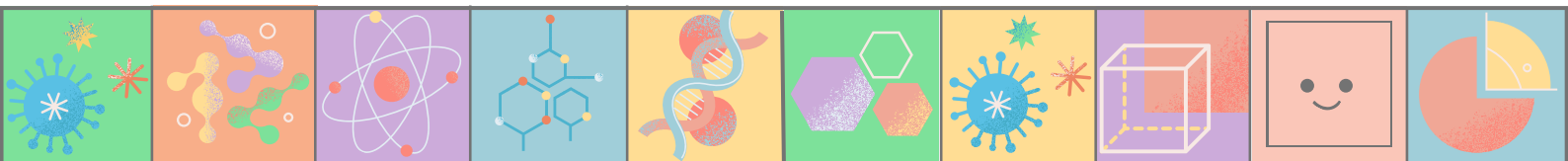
- **RETHINK** stressors using proven Positive Psychology tools and activities.
- **RESET** your mindset, personal resilience resources, strengths and skills.
- **RESPOND** to your environment in new ways for positive team growth.



WWW.PROPERWELLBEING.CO.UK

PROPER WELLBEING

YOUR WELLBEING
SORTED, PROPERLY.



Rethink⁺

Workshopping Pandemic Positives

There is no way around it, teams are talking about the pandemic, and it might not always be a positive conversation.

Rethink+ aims to improve the quality of team wellbeing and lives of employees by promoting positive psychology in the workplace.

Using: strengths-based, benefit finding interventions we address the language a team uses.

Words matter.

They may have a negative meaning for workers and fuel stigmatizing attitudes. Words come from our feelings that start with our thoughts. This is the importance of positive thinking during challenging times as these.

What the workshop IS:

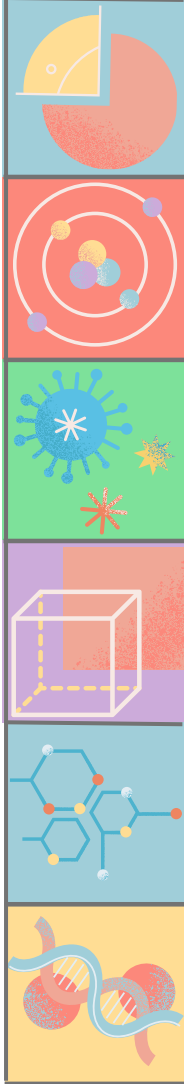
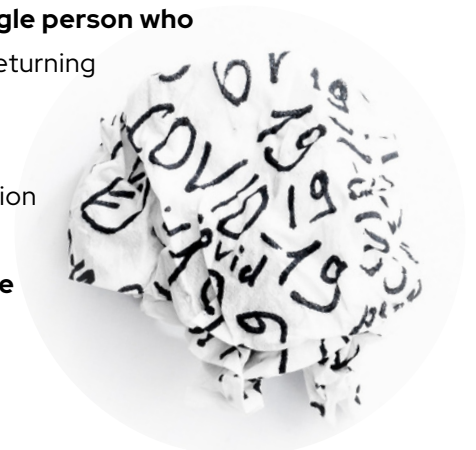
Encouraging resilience using positive psychological science.
Developing your strengths using research-backed interventions that are proven to enhance the happiness & wellbeing.

What the workshop is NOT:

Reckless optimism. Rejecting, denying, or displacing any acknowledgement of stress, negativity, and possible disabling features of trauma caused by the pandemic.

In 2021, The Limeade Institute conducted a wellbeing study of nearly 5,000 office workers in five different countries. They reported that **every single person who completed the survey was feeling anxious** about the idea of returning to in-person work as a result of the pandemic.

Whatever your working situation, Rethink+ can help to: aid retention of top talent, cultivate resilience, identify individual character strengths and **find relevant and meaningful positives since the beginning of the pandemic.**





Rethink⁺ Reset, Respond

RETHINK your situation by using Positive Psychology tools in your everyday.
RESET your inner resilience resources and RESPOND for positive growth.

1. RESET:

How do YOU manage challenges?

Step 1 - Discover Your 'Signature Strengths'

What are your personal *Strengths*? How can you discover and manage your auto-pilot settings and motivations? What are new ways to use your strengths and develop lesser strengths?

Step 2 - Map Your Personal Resilience Resources

Why is self-care sometimes difficult to think about and what does doing it well look like? How do you bounce back from or step up challenges? Why can doing what is right, committing to your passion and working hard cause injury?

Step 3 - Assess Your Coping Skills

How can you improve your coping strategies and help to lessen your stress? What defence skills do you use to stop yourself from snapping? What is "Good" stress and why is it necessary?

Step 4 - Avoiding Toxic Positivity

How can toxic positivity lead to more suffering and how can we cut this out? Can we really "shine" under these conditions? What is the difference between bad and negative feelings?

Step 5 - Importance of Positive Emotions

Why did we evolve with positive emotions and why is there a big fuss about it? How can we deliberately cultivate positive emotion and why is this important in your workplace?



Rethink⁺ Reset, Respond

RETHINK your situation by using Positive Psychology tools in your everyday.
RESET your inner resilience resources and RESPOND for positive growth.

2. RESPOND:

How do WE grow from this together?

Step 6 - Post-Traumatic Growth: Taking the good from the awful

How has the pandemic positively changed relationships, created new possibilities, improved personal strengths, aided spiritual change, and highlighted our appreciation of life? How negative experiences/emotions, create positive ones?

Step 7 - Solutions Focused Tools: Finding the good in the awful

What are you doing well as a team, how can you get more of that? How can we find solutions to problems through setting tiny goals? What Signature Team Strengths does your team have to combat issues happening now/in the immediate future?

Step 8 - Active Listening: Listening for strengths in negative talk

How does what we listen for, affect how we respond? How does listening in-between the lines of a rant create a positive working culture? How good is your awareness? Let's find out!

Step 9 - Building High-Quality Connections: Short positive interactions

Why do we connect with some people so well? Why are these connections to people so important for our health? What can we do to increase quality social ties within our teams?

Step 10 - Division & Strength Spotting: Mindful acceptance of others

How can you recognise stress in a co-worker and what are positive and safe ways to help? How can you spot their strengths and bring this into conversation? What can we do to preserve our relationships, even if we can't find common ground?

Rethink⁺ delivery

Delivery options:

Two day **Rethink+**, Reset **AND** Respond Workshop (12 hours)

One day **Rethink+**, Reset **OR** Respond Workshop (6 hours)

Rethink+ will be delivered in-person or in-person-online by Content Expert Nicola Leigh. Rethink+ is interactive, fun, full-on and split in two parts: RESET - which has an individual focus & RESPOND - for positive teams and connections.

Both workshops can be delivered together over two days or in one part one over one day. Steps are recommended in the order listed and amount specified, but adjustments can of course be made to the content to suit your teams needs.

Rethink⁺ expert

"I believe everyone should be treated equally, fairly and have the same chance at happiness.

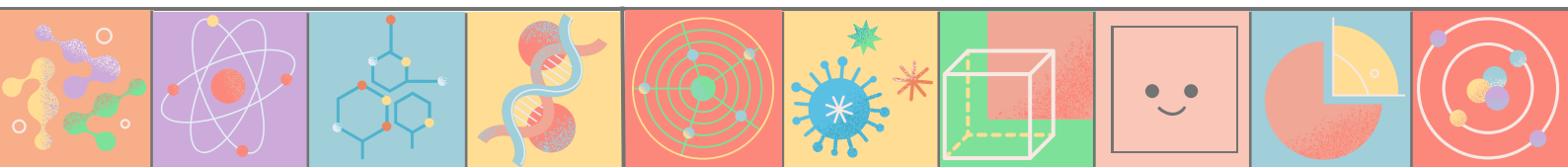
I founded Proper Wellbeing to combine my expertise in *The Science of Happiness*, with over a decade's worth of graphic design experience. My academic and creative strengths help me to conceptualise complex information found in science journals, into easily digestible, beautiful visuals that can be used to make positive contributions in everyday life.

Using positive psychology tools, my workshops help uncover and develop personal strengths to improve self-esteem, strengthen relationships, progress on goals and build resilience."

Nicola is Co-Founder of the Positive Psychology Centre (PO.PS), Diploma L2 in Counselling Skills, and member of International Positive Psychology Association (IPPA).



**Nicola Leigh MSc, BA, Dip
Positive Psychology &
Wellbeing Specialist**





Rethink⁺

Over the past two years, mental health and wellbeing have been recognised as an important factors for getting the best out of people in all situations in and out of the workplace.

Introduce positive psychology to your workplace and keep the mental health and wellbeing of your employees at the centre of your brand. Give your employees the tools to Rethink+ old patterns, Reset for long-term resilience and Respond for positive growth.



Using Positive Psychology to stay on course

Rethink+ provides a framework of how you and your team can take care of each other. Using the *science of happiness* Rethink+ can help to improve team wellbeing and performance.

Our people-centric approach introduces 10 Steps that integrate research-backed Positive Psychology interventions that are proven to enhance the happiness of people's lives. All workshops come with downloadable resources, workbooks, exercises and opportunity to carry learnings forward with a free 30 day team challenge, designed specifically for each team based on their collective strengths.

Enquire for your quote to get your team's wellbeing sorted, properly:

WWW.PROPERWELLBEING.CO.UK/RETHINK

