

Wellbeing & performance development applied positive psychology

“Building positive emotions will broaden one’s creative openness, understanding and behaviour”

B Fredrickson

What is it?

Positive psychology focuses on the promotion of flourishing and wellbeing for an optimal life (Seligman 2012). In other words, reaching your full potential and growing to be the best you can be.

Why does it work?

Positive psychology interventions are tailored to your particular circumstances and needs.

How does it work?

Positive Psychology interventions are integrated into one:one coaching and team coaching services provided where appropriate. For example, coaching may include exercises related to the application of strengths, practicing mindfulness, building resilience, and enhancing a sense of gratitude.

Positive psychology education involves tailored workshops and discussions for individuals or groups on the benefits and application of positive psychology. Examples of topics that could be covered include: positive leadership, strengths, mindfulness, life purpose and meaning, living to values, accepting change, gratitude, stress management, resilience, flow, happiness, mental toughness, and peak performance.

Who uses it?

Clients include professionals and middle/senior managers including accountants, lawyers, project managers, engineers, general managers, procurement managers, information technology professionals, operations managers.

What next?

Contact me for a no obligation chat about how I can help you grow

Who will benefit?

Anyone, including all professionals and middle/senior leaders and their teams.

What is the benefit?

Improved wellbeing and mental health increases your ability to learn, grow, develop and build a more balanced life. This in turn increases your personal, team and organisational performance.



helen zink

+64 21555456

helen@positivegrowth.org.nz

www.positivegrowth.org.nz