

THE HAPPINESS PROJECT

Reaching Your Peak Performance: Personal Happiness as a Productivity Tool Workshop with Coach Aija Bruvere (University of Sydney)

CONTEXT

In our dynamic world, the question of how to reach and sustain individual peak performance is very important. The new field of applied positive psychology has a lot to offer for those looking for happiness and meaning at work and in life. The discipline that has emerged in the last 12 years directs attention to what is right with people as well as to increase subjective wellbeing in order to flourish. Happy, fulfilled people are more successful, more effective and live longer lives. In fact, there is even data that shows that happiness can prevent illness. This two-day seminar will explore the science of how personal fulfillment can improve personal performance and how personal happiness can lead to better relationships both at work and in life.

WORKSHOP

What if we approached personal happiness as a project? This project starts with a serious audit, looking for the best strategies, looking for evidence-based tools and using proven methods to achieve the best results. It identifies the major variables in the happiness equation. It leads to actions we can take today to live happier and more meaningful lives.

This workshop focuses on the most useful new theories and evidence-based approaches in positive psychology. Participants in this seminar will apply these ideas on two levels:

- Individually: What do these findings mean for me personally? How can I apply them in my life?
- In the organisational context: What works in organisational and team environments? How can we identify strengths and energise organisations?

YOU WILL LEARN:

- How to manage peak performance
- How to change the focus from fixing problems to building on strengths
- How to promote a growth mindset
- How to avoid the 'happiness trap'
- How to set meaningful self-concordant goals
- Strategies to improve long-term well being

YOU WILL BE SUPPORTED BY:

- An assessment of where you are and what areas could be improved
- Meaningful goal setting and planning process: the importance of "Why?"
- A positive psychology toolkit and roadmap
- Active and constructive coaching conversations
- Individualised feedback and discussion

AGENDA

Day 1: Personal Fulfillment and Peak Performance

The burnout zone
The happiness trap
The peak performance pyramid
Mindfulness
Happiness audit
Evidence based science of happiness
How to broaden and build
Finding multiple pathways
Strength testing

Day 2: Engagement in Relationships at Work and in Life - Building on Strengths

Engagement in the workplace
Self-determination theory
Appreciative inquiry
The growth mindset
PsyCap
Team dynamics: the golden rule
Positive relationships
Having a constructive coaching conversation
Action plan for happier life

FACULTY



Aija Bruvere, MSc Grad. Dip Coaching Psychology

Aija Bruvere is a psychological coach and business consultant. As an active explorer of positive psychology, she is passionate about promoting tools for reaching peak performance and personal happiness. Aija's expertise is backed by her BSc in Economics and Business from SSE Riga, an MSc in Social Sciences from the University of Latvia, and a Graduate

Diploma in Coaching Psychology from the University of Sydney.

Aija is the owner and founder of ABM Consulting, a business consulting firm specialising in international trade facilitation and executive coaching, and - BrainSpa international retreat programme. Since 2008, Aija has facilitated a series of personal development seminars and workshops that focus on personal leadership, systems theory, goal attainment and peak performance, and both personal and professional mind-skills development in Australia, China, Indonesia, and Latvia.

PARTICIPANTS SAY

This is the seminar for those who firmly believe that Happiness is a true driver for engagement. Tom Erdal, General Manager at DNB ASA Cash Management, Norway

Aija is passionate and true about what she is doing, and obviously very knowledgeable and professional. Inga Alike, Television Business Director at Lattelecom

This is the programme for people who are pilots of their lives. The receipt for happiness: optimism + humor x effort & planning. Dace Brencena, CEO at SEB Pension Fund

PROGRAMME INFORMATION

APPLY HERE

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