

# **BOOST YOUR ENERGY AND MOTIVATION LEVEL WITH A FOCUS ON STRENGTHS:**

**3-hours of positive psychology for increased energy and motivation with coach  
Anda Klavina**

## **ONGOING OFFER FOR TEAMS**

### **CONTEXT**

Today's business environment requires motivating and reenergizing methods that are easy to apply, get to the core quickly, and produce effective and measurable results.

Studies on positive psychology have found that helping employees to identify and engage their top strengths (talents) was one of the three 'essential drivers' of employee engagement (along with managing emotions and finding purpose in one's work). By consciously employing signature strengths, our state of psychological wellbeing is significantly increased, and the effect remains for up to six months!

"Using our strengths makes work more fun, transforms a job or a career into a calling, and increases flow," Martin Seligman.

### **SEMINAR**

In this seminar participants will 1) identify their top strengths using the VIA Character Strengths Survey, 2) discover the ways they can increase their productivity and work satisfaction by consciously applying their talents in new and different ways, 3) learn to compose stories for daily empowerment.

By developing a character 'strength language', and by recognizing one's own strengths and those in others, participants will be equipped with up-to-date methods of motivation and re-energization. They will learn ways to be more creative, productive, and happy!

### **YOU WILL:**

- Receive a personal strength-building toolbox
- Practice a skill of strength-spotting in yourself and in others
- Learn the art of storytelling to help you explore the strengths and successes you can build on to successfully pursue new goals
- Learn how to rejuvenate your whole self

### **AGENDA:**

- Identification of your Top Strengths using the VIA Character Strengths Survey
- Strengths cultivation benefits at work, for health, and for overall happiness
- Rejuvenating five segments of your life using the SPIRE model
- Storytelling basics and practice for composing empowering stories about yourself daily
- Individual coaching

## WHO SHOULD ATTEND?

This workshop is for anyone wanting to extract more satisfaction from work and life, and to raise their energy and motivation level.

## FACULTY



**Anda Klavina** has more than 10 years' experience as an organizer and facilitator of international seminars and conferences in the fields of Art & Philosophy, Executive Education, and Personal Growth Psychology. She has been involved in Executive Education for over seven years – by working at the Stockholm School of Economics in Riga and afterwards by establishing her own personal leadership training company 'Anda Klavina Consultancy'.

In 2013, at SSE Riga, she organized the first positive psychology conference in Riga with Dr Tal Ben-Shahar (famed Harvard faculty) as keynote speaker. Later, she went on to organize seminars by international positive psychology experts: Imbi Viirok, CMC PCC (Estonia), Aija Bruvere (University of Sydney), Egita Gritane (University of Latvia). Meanwhile, she completed positive psychology coaching training with the WholeBeing Institute (Massachusetts, USA) focusing on Strengths-Based Coaching.

In her work, Anda Klavina combines her professional experience in the fields of Communication, Philosophy, and Human Development. She has worked as journalist and art critic for the daily 'Diena' and in the international art press for 10 years, while also working as Project Manager for several international art & philosophy initiatives in Latvia. She holds a Bachelor's Degree in Communication from the University of Latvia, and a Master's Degree in Philosophy from the prestigious Centre for Research in Modern European Philosophy, Middlesex University, London.

The positive psychology mantra is her guiding moto: happiness equals success, and not the other way around.

## CLIENTS SAY:

"Anda Klavina Consultancy has among the best courses on offer in the region," Zanda Smate, Staff Director at Circle K Latvia

"Anda Klavina has truly inspired me," Rauls Velins, General Manager at Roche Latvia

"When it comes to personal development, I trust the choices recommended by Anda Klavina," Kaspars Berzins, Co-owner at Steelcase Latvia

## Anda Klavina Consultancy

“Anda Klavina knows how to connect people,” Vita Liberte, Founding Partner at Law Firm BDO Liberte & Zelmenis

“Anda Klavina lives the values she offers in her seminars,” Liga Vanaga, Public Relations Director at the Council of Latvian Sport Federations

### SEMINAR INFORMATION

**Date:**

**Duration:** 3-4hours seminar

**Price:** 350 EUR + VAT (up to 10 persons)

**Price:** 490 EUR + VAT (up to 20 persons)

**Location:** Riga, London, Monaco, Geneva

### CONTACT INFORMATION

**Anda Klavina Consultancy**

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*Anda Klavina and positive psychology keynote Dr Tal Ben-Shahar, March 2013, Riga, Latvia*