

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

**3-hours of positive psychology for increased wellbeing and happiness with  
coach M. phil Anda Klavina**

## **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:

"This seminar allowed me to see better the larger purpose of my work and that of my team's," Karina Kulberga, Head of Private Banking at Swedbank

"Our team leads and youngsters from the camp gave the most excellent reviews about this session so we have incorporated it as part of staff and kids training," Adam Brook, Resort Manager Verbier, Les Elfes International Summer and Winter Camps

## Anda Klavina Consultancy

“I am good at being kind and courageous for others. This seminar gave me awareness to focus on myself, too, to have a more balanced life,” Virginie Latapie, HR Director at W Verbier, Marriott Group

“It was great to discover reserves of positivity in me to draw upon in our demanding daily work,” Alina Roscina, VP Human Resources at Air Baltic Corporation

### SEMINAR INFORMATION

**Time:** 3-4h

**Location:** London, Verbier, Riga,

Monte Carlo, Europe

**For teams:** 480 EUR (up to 20 persons);

Starting from 580 (20 and more persons)

### CONTACT INFORMATION

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