

HOW TO SUSTAIN POSITIVITY? HOPE AS A RESOURCE OF RESILIENCE AND LEADERSHIP

Interactive positive psychology session with coach M. phil Anda Klavina

CONTEXT

People with greater reserves of positive emotions are surviving this crisis in a more constructive and perhaps even in a lighter way. They have more staying power in the conditions of uncertainty, they are more open to creative solutions and they have more strength to act upon hopeful scenarios for the future. Even more – people with high positive emotions have less severe virus infections, a fresh research from the University of Pennsylvania – a leading center of research in positive psychology, reports. Emotions like joy, interest, excitement, healthy pride and gratefulness now more than ever are source of strength and resilience. How does one cultivate them? How to sustain positivity? How to focus on hope and faith?

INTERACTIVE SESSION

From Winston Churchill to John F Kennedy to Barack Obama leaders who have been able to motivate their people to overcome great challenges and to inspire them for new future scenarios have placed Hope at the center of their vision. Indeed positive psychology's research shows that hope is among those five qualities in a person that indicate great leadership potential: Bravery, Perseverance, Zest, Leadership and Hope.

Hope is an ability to create positive vision and to mobilize resources as minuscule as they might be to achieve the goal. In this session we will concentrate on this magical quality and positive emotions supporting it in order to strengthen in you individually or in your team the spirit of hope and capacity to develop a positive future scenario.

IN THIS SESSION YOU WILL:

- Learn the preferable ratio of positive and negative emotions
- Be able to take more benefits out of positive emotions
- Experience the magical power of smile to boost your health
- Practice focusing of hope
- Sketch your future scenario

AGENDA:

- What are positive emotions
- Health benefits: building of resilience
- The Big Picture View: spotting opportunities
- We vs Me: focus on cooperation
- Top 5 leadership qualities
- Hope as an instrument of leadership: its four elements
- Your future vision

WHO WILL BENEFIT FROM THIS SEMINAR?

This session will benefit to persons and teams in need for increased psychological reserves in overcoming challenges, stimulating creativity and in developing and implementing positive future scenario.

TRAINER



Anda Klavina has used the previous crises for radical change in her career. After crisis of 2009 she exchanged the career in art criticism for work at the business school where she learned the principles of global business governance. Newly acquired knowledge about coaching and positive psychology inspired her to create her own company. When it, too, later was struck by crisis she decided to diversify her offering. Drawing on her previous experience in art sphere she started art consultancy projects parallel to positive psychology coaching. She also expanded her activity to Switzerland, London and Monaco. To make her life more interesting she even managed to turn some of her hobbies into a source of income.

“Positive psychology’s focus on strengths allowed me to integrate into my professional activity such character strengths of mine as Hope, Love, Appreciation of Beauty and Excellence, Zest and even Humor. Awareness that I am living in alignment with my true self is a source of great strength, faith and joy for me. For my clients, too, I try to reveal the diversity of available resources in order for them to live a life of more meaning and satisfaction.”

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 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.

"Constant hope is confidence in ourselves." Thomas Hobbs

SEMINAR INFORMATION

Date:
Length: 2h
Price: 55 EUR
Price for Group: starting from 280 EUR

CONTACT INFORMATION

Anda Klavina Consultancy
E-mail: anda.klavina@leaderswithguts.lv
Phone: + 371 24249303
Website: www.leaderswithguts.com