

PRIDE, JOY, INSPIRATION: POSITIVE EMOTIONS AS RESOURCES OF RESILIENCE AND GROWTH

**1,5-hour interactive lecture with positive psychology coach
Anda Klavina**

CONTEXT

Positive emotions – joy, inspiration, pride, enthusiasm, compassion, love – are lovely, but fleeting moments in our busy days. Thus, we tend to take them for granted. Instead, we focus on negatives because they scream much more loudly and seem more urgent. But according to the Broaden-and-Build theory, we build our resources for dealing with stress and challenges specifically during those brief moments of positive emotions. When we are in a positive emotional state we become more resilient, we build social connections, and we change who we are. By being aware of our positive emotions we can accumulate a sustainable reserve with which we can be happier, healthier, and stronger.

LECTURE

In this interactive lecture you will receive an understanding of: a) why positive emotions are important. Based on groundbreaking research in positive psychology, we will learn about the ways positive emotions open us to growth and improvement. B) What can you do to enhance positive emotions in your life. We will look at several self-study methods and appreciation modes. C) The superpower of shared positivity - the awareness that we can experience micro-moments of positivity with anyone, and that even a stranger gives us more opportunities for enjoyment, levity, and health.

YOU WILL:

- Learn the optimal negative – positive emotion ratio
- Become better at detecting positive emotions and derive more benefits out of them
- Practice cultivating authentic positive emotions in every situation
- Discover the magical power of a smile: improvement in health and life-satisfaction

AGENDA:

- What are positive emotions
- Authentic vs inauthentic positive emotion
- Health benefits: stamina building
- Big Picture view: opportunity spotting
- We vs Me: focus on cooperation
- Micro-moments of Love
- Self-study, gratitude, and the sense of a blessing mode
- Individual coaching

FACULTY



Anda Klavina has more than 10 years of experience as an organizer and facilitator of international seminars and conferences in the fields of Art & Philosophy, Executive Education, and Personal Growth Psychology.

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 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.

“In order to grow and be healthy we need a steady diet of positive emotions just like we need a diet of fruits and vegetables,”

**Prof Barbara Fredrickson,
author of 'Broaden-and-Build Theory'**

SEMINAR INFORMATION

Date:
Time: 1,5h
Price: 250 EUR + VAT (up to 10 pers.)
Price: 380 EUR + VAT (11 pers. and more)
Location: Riga, London, Monaco, Geneva

CONTACT INFORMATION

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