



The Positivity Institute

KEYNOTE & WEBINAR MENU

We've pulled together the most requested webinars to curate our positive learning menu - choose your dish!

Live or virtual, our short, sharp, educational, inspirational, and importantly affordable presentations are perfect for a 'Lunch & Learn', team meetings, twilight sessions (for schools) or special events.

We have Senior Associates based in Sydney, Melbourne, Perth, Adelaide, Auckland, London, and Switzerland excited to present with you and your teams.

Choose from the topics below or contact us for bespoke needs.

- 1. Positive Emotions (or Happiness)** - the science and strategies for a flourishing life
- 2. Joy** - the science and art of finding everyday joy in life
- 3. Powering up Positivity** - building a positive mood with a focus on compassion, kindness, forgiveness, gratitude and savouring
- 4. Introduction to Resilience (or Mental Toughness Training)** - using the "Mental Toughness" 4C Model
- 5. Scientific Survival Strategies** - surviving and thriving in a VUCA world (volatile, uncertain, complex, ambiguous)
- 6. Positive Energy Management** - the power of positive rituals & energy management for performance & wellbeing
- 7. Emotional Agility** - introduction to psychological flexibility, and values-based action (the basics of ACT: Acceptance & Commitment Training)



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- 8. Emotional Intelligence in Turbulent Times** - introduction to the science of Emotional Intelligence
- 9. Positive Relationships at Work** - building High Quality Connections and Psychological Safety
- 10. Self-Care** - A key strategy for thriving!
- 11. The Power of Positive Exercise for Peak Performance**
- 12. Positive Goals (2 Part Series):** 1- Positive Goal Setting; 2- Positive Goal Striving
- 13. Strengths as Superpowers**
- 14. Meaning@Work** - the science & art of creating meaning at work
- 15. Job Crafting** - enhancing pleasure, engagement and meaning at work
- 16. Everyday Mindfulness** - reducing stress, enhancing wellbeing and attentional focus
- 17. Power of a Positive Mindset**
- 18. Leaning In: The Science of Self-Confidence** (focus on Women & Women in Leadership)
- 19. Positive Parenting**
- 20. Positive Leadership Through a time of Crisis**
- 21. Wellbeing@Work: The What, Why & How**

* Titles can be changed to suit objectives and audience

** Discounts available for bulk purchase - email us
info@thepositivityinstitute.com.au