



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 savoring
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)
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



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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