

Positive Education Teacher Workshops

Presented by
**POSITIVE PSYCHOLOGY
CONSULTING**



Positive Education

Science has now shown us that it is not enough to teach achievement in schools. It is the marriage between achievement and wellbeing that lets student prosper in life and live their potential. Positive Education embraces wellbeing and is the incorporation of the science of Positive Psychology into the life and work of schools.

We offer a series of three separate workshops teaching three fundamental pillars of Positive Education: Strengths, Mindsets and Optimism.

Our workshops are designed to equip teachers with new strategies to leverage their students' natural resources and strengths and combine them with their academic teachings. It is in our view this synergy that inevitably works to create optimal learning and flourishing for students.

**Promote optimal learning, deal
with challenging situations, and
bring the best out of your
students and yourself**

Our workshops

FLOURISHING CHILDREN (Parent/Teacher WS)

*Building the pillars for life-long optimism by
harbouring positive emotions*

Founded on the latest research in neuroscience and psychology this workshop will give parents and teachers insight into the value of positive emotions and their impact on the brain and our approach to life and learning.

Objectives. As participant you will:

- Learn about the importance of optimism and how this drives lifelong learning, health and resilience
- Discover how positive emotions can be fostered from a very early age as well as being learnt, altered and re-wired from negative to positive at later ages
- Get to know techniques and skills to broaden yours and your child's thoughts and positive affect, thus, laying the groundwork of lifelong optimism

Date/Time: Thurs 10th April 2014/ 18.30 - 21.30

Location: True Colours Place, Nyon

Price: 250.-

MAGICAL MINDS

*Laying the foundations in the classroom to ignite
students' intrinsic motivation and drive for learning*

Founded on the latest research in neuroscience and psychology this seminar will give insight into some of the secrets of our brain. Teachers will learn about the importance of mindsets to face challenge and adversity, and how a growth mindset allows their students to develop to their fullest potential.

Objectives. Participants will:

- Understand how to build and transform students' mindsets, helping them to embrace learning and personal growth
- Become aware of inner dialogue and its impact on motivation and develop an ear to identify the right moments to jump in when student's thinking is letting them down

- Practice principals of positive communication and appreciative attention to augment performance and ignite intrinsic motivation

Date/Time: Tues 13th May 2014/ 18.30 - 21.30

Location: True Colours Place, Nyon

Price: 250.-

STRENGTH BASED TEACHING

*Identify and cultivate students' innate strengths and
resources allowing them to flourish in their own right*

This workshop presents the foundations and virtues of strength-based teaching. Teachers will be provided with hands-on activities and materials to systematically build and capitalise on their own and students' strengths.

Objectives. Participants will:

- Identify their own character strengths and develop an understanding how to apply them to their teaching
- Develop strategies to identify children's strengths and core values allowing them to "play to their strengths" and enhancing resilience
- Recognise opportunities to facilitate meaning and purpose in their students' life and help them to develop their personal internal drive

Date/Time: Thurs 10th June 2014 / 18.30 - 21.30

Location: True Colours Place, Nyon

Price: 250.-

Contact

Please contact us for bookings, expression of interest and further information.

POSITIVE PSYCHOLOGY CONSULTING

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Workshop location

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