

Positive Psychology and Change

Positive psychology is the study of what makes life most worth living. It focuses on our strengths, building on what works and is good. When applied to change, it gives us an approach and a set of questions that help us to flourish.



HELPFUL TIPS:

Tips for applying Positive Psychology to Change

- ▶ Frame your process of change positively, so you're aiming towards something you want rather than away from something you don't want.
 - ▶ What do you want to grow in your life, work, or business?
- ▶ Be clear on what success looks like – it helps create a clear path, and you'll know when you get there!
- ▶ Draw on your strengths to tackle challenges – you will feel more confident, engaged and happy.
- ▶ There are four areas you can explore when you want to take a strengths-based approach to create change. This way of working is called Appreciative Inquiry.
 - ▶ **Discover your strengths:** How have you achieved success in the past?
 - ▶ **Dream, and be curious and creative:** If you were to consistently apply what you've learned from the Discover questions, what might be possible?
 - ▶ **Design the path that will move you forward:** How will you get to where you want to be?
- ▶ **Deliver the change by taking one small step after another** - your confidence will grow with the success of each small step.
- ▶ Five ideas to support your change from Positive Psychology research:
 - ▶ What we believe to be true determines our actions - take time to examine your beliefs.
 - ▶ Questions themselves cause change. Questions that look for the true, the good and the possible are what enable us and others to consistently flourish.
 - ▶ The stories we tell ourselves and others about a situation and the way we tell them, matter. Are your stories helping to create positivity or negativity?
 - ▶ The way we act is shaped by the vision we are moving towards. How positive and clear can you make your vision?
 - ▶ It is better to ask questions that bring people together and help create positive emotions.

All through the year we bring people together to help build : **BETTER CONNECTIONS**

