



*transform the stress of
success with the power of*

**positive
energy**

FACILITATOR
Karl
La Rowe



Thriving! Positive Energy at Work for Leaders

is a hands-on, activity based programme that incorporates the best thinking and practices from Positive Psychology, Somatic Experiencing and Appreciative Inquiry utilizing proven methods that provide leaders the knowledge and skills they need to transform stress into positive physical, emotional and mental energy to become your best self.



LEARNING OBJECTIVES

After attending this workshop participants will:

- Understand the paradigm shift in the business world towards embracing Thriving as the new standard for excellence.
- Recognize how our driven work/life style leads to the unmanaged “stress of success” that eventually results in physical, emotional and mental exhaustion and interpersonal conflict.
- **Develop strategies** to become your best self.

- Learn “**Stress First Aid**” to immediately identify, sooth and relieve stress and keep it from accumulating into negativity and exhaustion.
- Increase your positive physical energy by **recognizing, releasing and embodying** your vitality.
- **Calculate** your positivity ratio and **embrace** your positive emotions through the practice of self-compassion.
- Recognize and develop your positive mental energy by discovering, acknowledging and maximizing your strengths.

WHO SHOULD ATTEND?

This workshop is designed specifically for leaders who are open and curious to new ways of thinking, feeling and interacting and want to learn how to utilize their strengths and positive emotions to maximize their performance while positively influencing others.



INTRODUCTION



This workshop begins by acknowledging the tremendous “stress of success” leaders are experiencing in a rapidly changing, global marketplace by asking the question: “How can leaders transform stress, exhaustion and negativity into strengths, positive energy and a sense of thriving to become your best self”

The new research ushered in by Positive Psychology has resulted in a paradigm shift from then exclusive focus on fixing what's broken to empowering leaders to perform at their best while inspiring others. One landmark¹ study has shown that learning to focus on strengths and positive emotions is crucial to decreasing stress, achieving and maintaining higher performance, job satisfaction and sustained productivity including:



- Lower turnover at work
- Better evaluations
- Happier clients
- Higher job satisfaction
- Fewer work absences
- Less sick time
- More volunteerism

- Perceived as friendlier, assertive, confident
- Seen as more worthy of pay raise
- Less exhaustion
- Resolve conflict better
- Better decisions
- Increased creativity
- More inclusive
- Increased longevity



PROGRAM OUTLINE

1. *What does it mean to thrive? Or How do you experience positive energy?*

- Partner or group experience: share a time in your life when you thrived, describe how it felt physically, emotionally, mentally and interpersonally.

2. *Thriving as Positive Energy*

- Physical, emotional, mental energy
- Positive interpersonal energy as Synergy



3. *Positive Physical Energy: The Experience of aliveness*

- Stress is “Energy Residue” that accumulates in the body
- Exercise: Discharging Energy Residue
- Exercise: Body Scan: Identify the feeling of positive energy
- Positive energy is “Flow Energy”
- Exercise: Body Sculpt the feeling of positive energy
- Exercise: The experience of “Flow Motion”
- Strategies for positive physical energy



4. *Positive Emotional Energy: The Science of Positivity*

- Emotions are: Energy in MOTION
- Exercise: Name as many positive emotions as you can
- The science of positivity
- Exercise: What is your positivity ratio?





- Gratuitous Negativity, why it can be difficult to stay positive
- Exercise: Disputing gratuitous negativity
- The power of self-compassion
- Exercise: The practice of self-compassion
- Strategies for positive emotional energy

5. *Positive Mental Energy: Discovering your Strengths*

- The science of strengths
- Video: Character Strengths
- Exercise: Identifying your strengths
- Exercise: Acknowledging your strengths
- Exercise: Facilitating strengths in others
- Strategies for positive mental energy



6. *Positive Relationship Energy: Developing Strengths*

- The Magic of Conflict: Conflict is not a contest
- Exercise: negotiating conflict
- Relationships are an exchange of energy



- Exercise: Flowing with others: The experience of synergy
- Strategies for Positive Relationship Energy to:
Becoming Your Best Self:
 - ❖ A resource to build confidence
 - ❖ Activity: Reflected Best Self Review
 - ❖ Activity: Creating your Best Self Story
 - ❖ Activity: Sharing your Best Self

A woman with long dark hair, wearing a white long-sleeved shirt, is shown in profile, sitting in a meditative pose (lotus or similar) against a clear blue sky. Her hands are resting on her knees in a mudra. The lighting is soft, suggesting a calm, serene atmosphere.

7. Conclusion: Creating your Personal Plan

- Review and Personal Reflection
- Questions and answers



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- B.S. Psychology, University of Oregon, M.A. University of Chicago.
- International Speaker, Trainer and Author.
- Positive Psychology Coach forged from solid theory based on sound psychological principles.
- Principles and immediately applicable techniques that provide real solutions.

- Licensed Mental Health Professional who incorporates Positive Psychology and Appreciative Inquiry into his workshops, consultations and retreats.
- Since 1997 given over 1000 full day trainings to more than 50,000 professionals across the United States, Canada, SE Asia and the Middle East.
- HRDF Approved Corporate Trainer





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