

The background of the slide features a dark, grayscale image of several business professionals in a meeting room. They are standing around a table, some with their hands on the table, suggesting a collaborative work environment. The lighting is dim, creating a professional and focused atmosphere.

# **Self- Mastery, Peak Performance & Optimal Wellbeing**

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The Half- Day Catalyst for Leading Teams  
Using Positive Performance Psychology

# What is Positive Performance Psychology and how can it help individuals/ teams and organisations?

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Positive Performance Psychology is the innovative fusion of Positive Psychology- the study of optimal human functioning- and Peak Performance Psychology.

It focuses on identifying, exploring and amplifying a strong sense of passion, purpose and performance in individuals, teams and organisations.

It takes a strengths- based approach, inspiring the ultimate self- mastery through a journey which explores psychological flexibility, emotional agility and resilience.

# How Is This Approach Different?



For optimal human motivation, individuals need to feel three things

- 01 Autonomous in their choices
- 02 Competent in what they do
- 03 Connected to others

We pride ourselves on creating a space which fosters these three states.

Our approach is non-prescriptive. We share the evidence-based research, offer a process of exploration and invite individuals to collaborate on creating strategies to move forward.

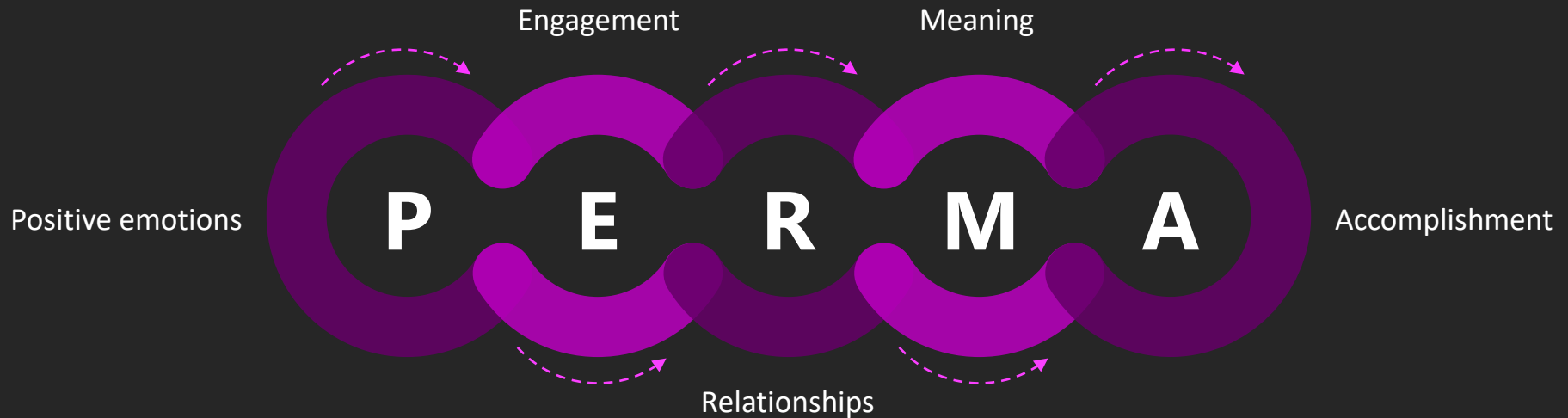
# What Are The Outcomes? What Changes Can Be Expected?

Measurement is important for us to gauge the efficacy of our wellbeing interventions. This is both quantitative (using empirically-validated scales from Positive Psychology) and qualitative (seeking participant, departmental and organisational feedback).



# What Is The Process & The Model Used?

The first part of the process draws upon the central model to Positive Psychology- PERMA.  
This stands for:

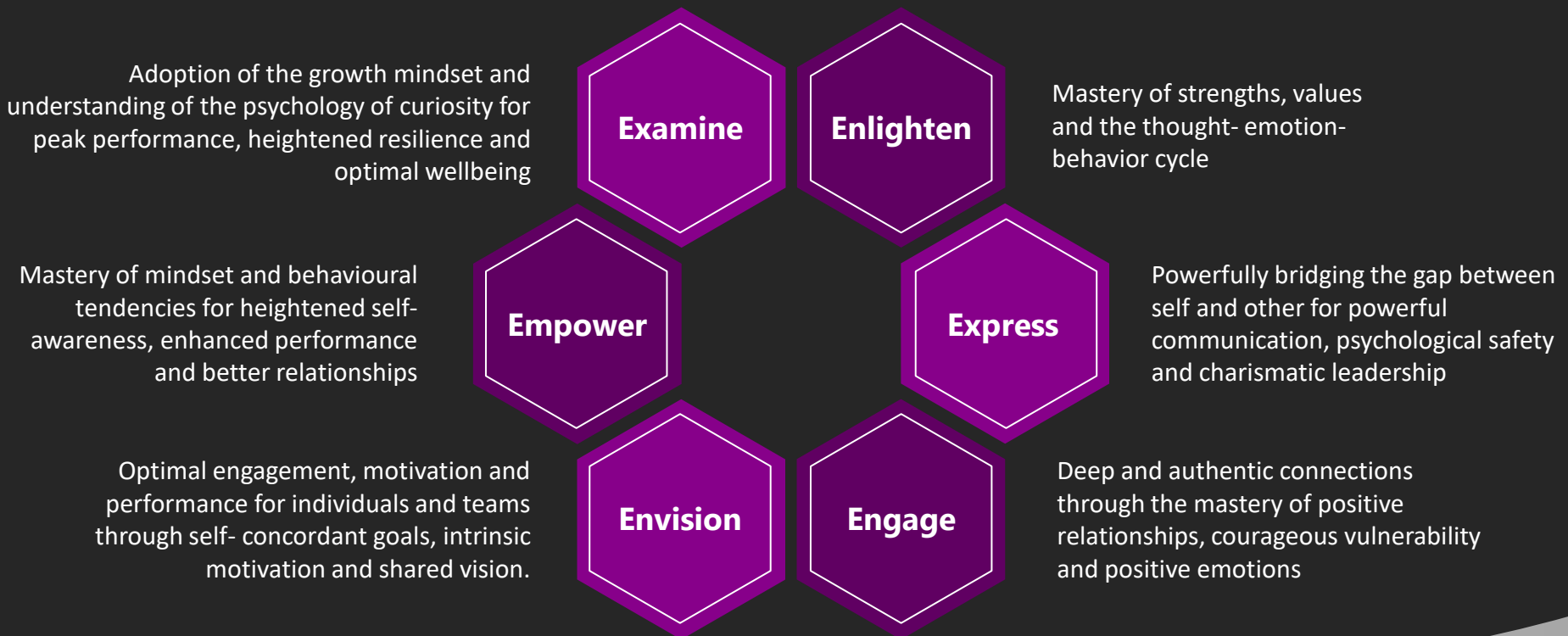


We share the key research with participants and offer some powerful questions to invite exploration around the optimal workplace. This part of the session ignites a collaborative and in-depth delve into that which matters most on a human and practical level. It allows people to take stock of where they currently are and where they'd like to be in the above categories. This is very much the 'envisioning' and goal-setting stage. The next part of the process paves the way towards this vision.

# From Vision and Goals to Action

The final part of the process shares key research around Positive Performance Psychology, equipping participants with the mental, emotional and psychological skills which lead to continual personal and professional growth.

*We then pose key questions around the Six 'E' Model . This invites discussion and strategy- creation to enhance the following steps*



# The Creators

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We are a partnership of positive psychologists, comprised of Lisa Avery and Declan O'Connell. Both hold master's degrees in Positive Psychology and Coaching Psychology with research interests in resilience, cognitive flexibility and employee engagement. They have extensive experience coaching and training in a wide range of sectors (government, elite sport, education, corporate, charity).



# What Are The Practical Considerations?

Half-day sessions require four hours to deliver (shorter sessions custom-made upon request)



Interactive workshop requiring space for group work

Small group to whole-organisation intervention



# What Happens Next?

The single workshop is a complete intervention in and of itself.



However, the workshop can be powerfully complemented by the following:

01

The 30- Day Challenge to Ultimate Self- Mastery

02

Single workshops which focus on each 'E' from the model (Enlighten, Express etc)

03

The full Leading with Positive Performance Psychology program

04

Spotlight profiling for peak performance