

Our programs help maximise people’s potential and teach evidence-based ways to build positive workplaces that lead to improved performance and wellbeing. Our programs put positive psychology into practice to boost engagement, cultivate collaboration and help build a positive organisational culture.

Program	Overview	Focus area
Cultivating Collaboration™	Rapidly build the quality of connections between people at work to build cohesive and collaborative teamwork. Learn practical strategies to connect better, work cohesively and build psychological safety – that build trust, mutual respect, enables success and energises employees. <i>The key to highly effective teams.</i>	Teamwork Collaboration Team building Team culture Psychological safety
Ready and Resilient™	Positive techniques to cultivate proactive habits that build resilience and help people bounce back and better cope with challenges and work demands.	Resilience Managing Change
IMPROVE your Wellbeing™	Need stress busting skills to better deal with the busy pace of work and life? Learn evidence-based strategies to maintain and manage your wellbeing. Be more mentally, emotionally, socially and physically robust to feel good and perform at your best. Based on Seligman’s PERMA wellbeing framework to boost optimism and develop strength-based capability.	Wellbeing Optimism Engagement Resilience
Play to Your Strengths™	Identify your talents and strengths and learn how to apply them at work to be more motivated and engaged, learn faster and perform better. When teams build understanding of their diverse talents, strengths and values, they can identify how to best capitalise these when performing tasks to improve productivity and engagement.	Productivity Engagement Team Relationships Goal achievement
Practice Positive Leadership	How can leaders guide teams to perform at their peak and create the team culture that leads to higher levels of productivity? This program introduces a strength-based approach that a leader can implement to create positive change in their team. Learn ways to cultivate habits that build resilience, optimism and enhances performance.	Positive Leadership Resilience
Positively Performing Teams™	Help your team gel. Build team cohesion and cooperation. The program establishes clarity of the group’s shared vision, and how everyone can contribute to the business success. Groups collaboratively determine core values that guide the way work gets done and share ways to build supportive relationships in daily interactions.	Team Kick-off Team building & cohesion Team culture & norms
Elevate Emotional Intelligence	The way we navigate our relationships and stressful situations is often a marker of our success. Develop EI skills to build self-awareness to manage yourself and help others understand, interpret and manage their emotions. These skills can enable clearer thinking, better decision-making and enhance relationships with colleagues & customers.	Work relations Team effectiveness Customer Service