

THRIVING!

POSITIVE ENERGY AT WORK FOR LEADERS

THIS IS A HIGHLY EXPERIENTIAL
WORKSHOP THAT UTILIZES
NUMEROUS ACTIVE LEARNING
MODALITIES.

PLEASE WEAR LOOSE,
COMFORTABLE CLOTHING AND
AN OPEN, CURIOUS MIND.



OVERVIEW

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.

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;
- 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; and,
- **Develop strategies** to transform conflict into synergy and cooperation.

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 while improving interpersonal relationships?”

The new research ushered in by Positive Psychology has resulted in a paradigm shift from the 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
- ✓ Faster recovery from illness
- ✓ Less exhaustion
- ✓ Resolve conflict better
- ✓ Better decisions
- ✓ Increased creativity
- ✓ More inclusive
- ✓ Increased longevity

¹ Lyubomirsky, King, & Diener, 2005. “The benefit of frequent positive affect: does happiness lead to success?” Psychological Bulletin Vol. 131, No. 6, 803–855

SPEAKER PROFILE



KARL D. LAROWE M.A., LCSW

- 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.



PROGRAM OUTLINE



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

Thriving as Positive Energy

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

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

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

Positive Relationship Energy: Developing Synergy

- 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

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

Conclusion: Creating your Personal Plan

- Review and Personal Reflection
- Questions and answers



ITD GLOBAL CENTRES OF EXCELLENCE:

SINGAPORE

ITD INTERNATIONAL PTE LTD

Tel: +65 9737 5109 | Fax: +65 6223 6521

E-mail: itdsg@itdworld.com

MALAYSIA

ITD PENANG (Head Office)

Tel: +604 228 3869 | Fax: +604 228 6869

E-mail: itdpg@itdworld.com

ITD KUALA LUMPUR

Tel: +603 6203 3880 | Fax: +603 6203 3830

E-mail: itdkl@itdworld.com

THAILAND

INTERNATIONAL ITD LTD

Tel: +662 650 9324 to 8 | Fax: +662 650 9329

E-mail: itdbkk@itdworld.com

VIETNAM

ITD VIETNAM

Tel: +84 8 3825 8487 | Fax: +84 8 3825 8483

E-mail: itdhcmc@itdworld.com

PHILIPPINES

ITD CONSULTING GROUP INC

Tel: +632 887 7428 | Fax: +632 844 8874

E-mail: itdmanila@itdworld.com

CAMBODIA

ITD-LDC (LEADERSHIP DEVELOPMENT CENTRE)

Tel: +855-23 555 0505 | Fax: +855-23 224 598

E-mail: training@ldcasia.com

INDONESIA

ITD-GLC (GLOBAL LEADERSHIP CENTER)

Tel: +6221 2930 8710 | Fax: +6221 2930 8747

E-mail: info@glcworld.co.id

AWARD & RECOGNITION



ITD WORLD

The Global Leadership Development Expert

Mission

Transforming leaders and changing the world for the better.

Vision

The #1 global leadership development expert.

Core Values (LISTEN):

Love, Innovation, Synergy, Trust, Excellence and Nurture.

Competitive Advantage Statement:

ITD World is an ISO certified & award winning Multinational Corporation that provides the world's best leadership development solutions to leading global organizations. We offer comprehensive & innovative solutions that produce superior results.

Core Activities & Resources:

Talent and Leadership Development; Corporate Training and Consulting; Professional Competency Certification; Mega Events and Seminars; Coaches, Mentors and Speakers Bureau; Community Services and Campaigns. Over 238 world-class programs and more than 100 dedicated mega gurus, top international resource persons, trainers, speakers, coaches and consultants from around the world.

Exclusive Mega Gurus:

Dr. Marshall Goldsmith, Dr. Jack Phillips, Dr. John C. Maxwell, Dr. William Rothwell, Dr. Jack Canfield, Dr. Peter Chee, Brian Tracy, Robert Tucker, Thomas G. Crane.

Quality Certification, Awards & Publications:

- Winner of the **ARTDO International HRD Excellence Award** in recognition for outstanding contribution to international Human Resource Development
- Bestowed the **Brand Laureate International Award** for the Best Brand in Training.
- Cutting edge books co-authored with the **world's Top Mega Gurus**- "Coaching for Breakthrough Success," "12 Disciplines of Leadership Excellence" and "Becoming an Effective Mentoring Leader."

Clients:

Intel, IBM, United Nations Missions, American Embassy, Agilent, Dell, Motorola, Nike, First Solar, Accenture, Citibank, Central Bank of Malaysia & Philippines, DHL, Ericsson, OSRAM, Infineon, Siemens, B Braun, Bosch, Schneider, Saint Gobain, Toyota, Ajinomoto, Samsung Vina, Singapore Press Holdings, Capitaland, PT Telkom, Siam Cement Group, CP Group, BaoViet, Sacombank, PetroVietnam, Petron, SM Supermalls, Thai Airways, Philippine Airlines, Shangri-La Hotels, Six Senses Resort, Sheraton, Prudential, AIA, GSK, MSD, Bayer, Johnson & Johnson, Unilever, Nestle.

Follow us on



ITD WORLD

www.itdworld.com