

POSITIVE PSYCHOLOGY AND FLOW

Dr. Cristina Chisalta
Cristina.chisalta@hu.nl

Course foci + assignments

- * **Personal development**

- * through different exercises and reflection, using theories and tools of positive psychology, improving your well-being and creativity

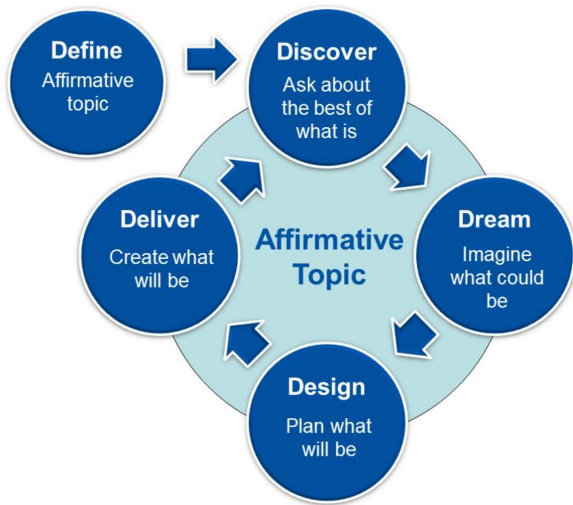
- * **Understanding the work environment**

- * explore the relevance of a positive approach in the work field, with crucial implications for work relationships & leadership and consequently, for creativity and innovation
- * *Assignment 1: individual: portfolio (gratitude journal + exercises + reflection paper)*

- * **Design an intervention:**

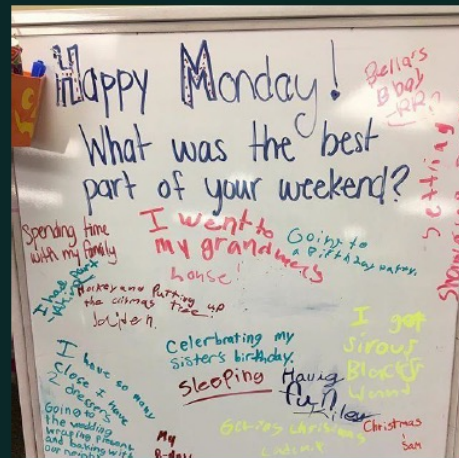
- * carry out a project based on the principles of Appreciative Inquiry, designing and implementing an intervention for a particular group.
- * *Assignment 2: group: presentation of the Appreciative inquiry project*

AI project: Foundation for Animal care



<https://noticethedifference.be/methode-appreciative-inquiry/>

EXAMPLES FOR THE DELIVERY PHASE



HI, I'M DAVE!



Talents

- I can touch my toes
- I am really good at darts
- Predicting the score in football matches

Why I love my Job

- I get to help animals in need
- It makes me feel closer to nature
- I enjoy spending time with my colleagues

Why I am unique

- I struggle with starting conversations, but I love to talk
- I am one of the longest employees here

How I Can Help

- I know where everything is stored at our facility
- I have extensive knowledge of birds and their illnesses
- I am great at explaining

LET'S WORK TOGETHER

OUR NORMS

- Try to greet all of your colleagues before starting work so they know you're there and ready to collaborate
- If you have a problem, go directly to your manager. Do not take it upon yourself to reprimand others.
- Please store all personal belongings in your locker and secure the lock.
- Remember to always check you have the correct equipment before responding to a call.

OUR VALUES

- Kindness. Be kind to others at all times.
- Respect. Do not disrespect others in the workplace. Everyone is welcome here.
- Individuality. Do not be afraid to be yourself. We appreciate your uniqueness

WHO CAN YOU GO TO IF YOU HAVE A PROBLEM?

- Each team has a supervisor and a manager, if it is specifically task related please see if they can help. If you have an issue you feel needs more time, visit Julia in the Ambulance Management Office between 9-5pm.

COMMUNICATION IS KEY!

Work forms

- * workshops
- * flipped class – you present
- * guest lecture
- * projects (in groups)

- * **Mindset:**
 - * Co-creation

Course schedule

Session 1	Introduction positive psychology	Face to face	Febr. 13
Session 2	Strengths exploration & Appreciative Inquiry	Face to face	Febr. 27
Session 3	Guest lecture Willem de Wijs – Appreciative Inquiry + project preparation	Face to face	March 5
Session 4	Flipped class - Positive emotions in organizations	Face to face	March 12
Session 5	Mid-term presentations, project consultations: Willem and Cristina	Face to face	March 26
Session 6	Flipped class – Forgiveness and self-compassion	Face to face	April 16
Session 7	Guest lecture Gabi Hum – Positive self-development	Online	April 23
Session 8	Final presentations	Face to face	May 14

Classes are on Tuesdays 6-8.30pm

Guest lecturers

- * Willem de Wijs (The Netherlands)
 - * *expert consultant in Appreciative Inquiry and organizational development*

- * Gabi Hum (Romania)
 - * *Clinical psychologist, psychotherapist, international master trainer of International Academy on Positive and Transcultural Psychotherapy, member of the board of directors of the World Association of Positive Psychotherapy, president of Romanian Association of Positive Psychotherapy.*

What the students say

- * *“The course was an eye opener for me. In my opinion, the guest lecture on AI and the additional readings were very interesting. Through the flipped classes I learned how to apply positive psychology in my professional and personal life, I think that the combination of these two is valuable. It was a great learning experience to organize the classes as well. The reflective individual assignment is very helpful I think to get new insights and the after-class exercises were useful for this. I found it also nice to be introduced to gratitude journaling as it increased my mental health and gave me a more appreciative perspective on life. Finally, the in-class debates or positive discussions on certain topics or questions were really nice.”*
- * *“I wanted to thank you for the opportunity to follow this honour course, it was life changing. I loved the use of the positive psychology website and your enthusiasm towards the topic. Overall, I am really happy and grateful to have participated in this interesting course.”*