



EVER WONDER HOW POSITIVE
PSYCHOLOGY CAN HELP YOU GROW?



BENEFITS
& EMPLOYEE
WELLNESS

Today's session presented by
Tracey L. Briggs & Tanya Kallan



Itinerary



Introductions



What is Positive Psychology?



Introduction to the Workbook by Dr. Bruce Smith



Breakout Room



Self-Efficacy and Growth Mindset



Breakout Room



Q & A



Today's Takeaways

Apply a simple and effective research-based positive psychology technique for improving positive emotions and gratitude

Describe growth vs. fixed mindset

Recognize and reflect on personal self-efficacy

Develop a plan of action to improve your wellbeing using “Move From Surviving to Thriving: The Positive Psychology Workbook”

Introductions

Tracey L. Briggs



Supervisor, Benefits & Employee Wellness
MA, AFAA-CPT, NASM- CES, FNS

As the supervisor of Employee Wellness, Tracey is in a unique position to help shape and inspire a commitment to well-being by empowering the UNM population to learn more about and to invest in their health.

Tracey has over 35 years of health and wellness experience, holds a Master's degree in Psychology, is certified as an AFAA Personal Trainer, NASM Fitness Nutrition Specialist, NASM Corrective Exercise Specialist, ISSA Master of Performance Nutrition, GWS Wellness Coach and a member of Center the Center for Applied Positive Psychology. She is presently working toward a PsyD. in Clinical Psychology.

Tanya Kallan



Positive Psychology Educator and Consultant, OILS MA Student and UNM Employee Wellness Intern

Tanya started her journey with research based positive psychology techniques in 2015. Her passion is helping people improve wellbeing and cultivate meaning and purpose in their lives. In 2020, Tanya assisted in the production of “Move From Surviving to Thriving: The Positive Psychology Workbook for Challenging Times” by Dr. Bruce Smith. She is a member of the Center for Applied Positive Psychology (CAPP).

She is currently pursuing a master’s degree in Organization, Information & Learning Sciences (OILS) with a concentration in Adult Learning & Professional Development. She has earned two certificates in Positive Psychology Coaching and is pursuing ICF certification.

Introductions In The Chat

Let's get to know one another

Share in the chat

- Your position and where you work
- What makes you happy or brings you joy!



While We Are Together...

- We'd love it if your camera is on, however do what feels comfortable for you
- Please mute your audio when not speaking
- Maintain respect for individual ideas, thoughts and beliefs
- At times we might be sharing personal information, please be mindful in ensuring that confidential conversations are not shared outside the group
- Please share what you learn about Positive Psychology with others



"Tell me what it is you plan
to do with your one wild
and precious life?"

~Mary Oliver

What is Positive Psychology?

The scientific study of what makes life most worth living

Born in 1998

Focus on strengths instead of weaknesses

Building the good in life

Not about denying the negative – it's about helping us move forward in a positive direction

Happiness

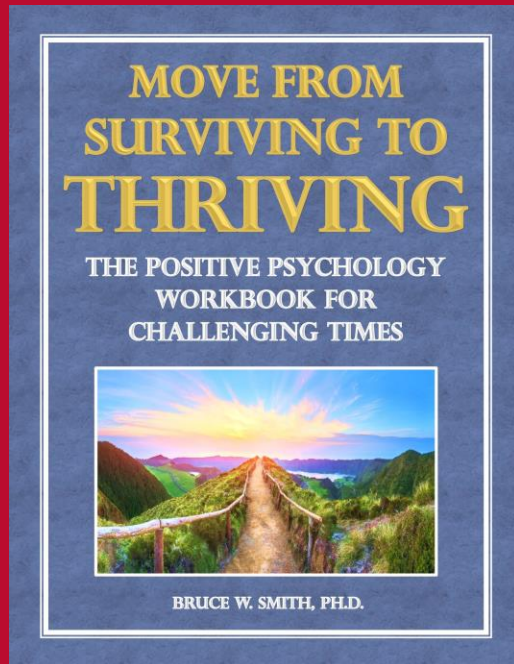
Happiness isn't just about avoiding stress, and the bad things that happen to us, because stress happens and will continue to happen. Positive psychology has shown that happiness is also about discovering and filling our lives with the good things that bring us pleasure, joy, meaning, and fulfillment.

~ Dr. Bruce Smith, p. 23



The Workbook

The Workbook



This workbook is freely offered to anyone who wants to use it to create a life of greater joy, happiness, meaning, and fulfillment in spite of the challenges we often face.

You have my permission to use anything in this workbook as long as you use it for increasing human happiness and well-being and make it as freely available as you can.

~ Dr. Bruce W. Smith

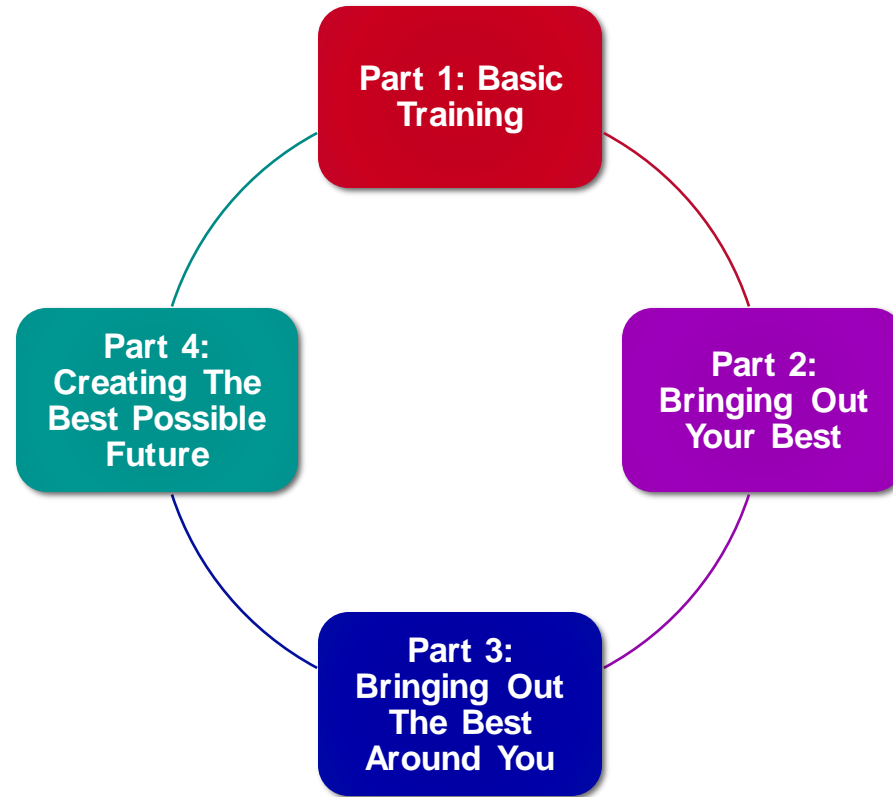
Free PDF - UNM Digital Repository:

<https://doi.org/10.25844/qeq9-4160>

Hard copy available for cost of printing:

https://www.amazon.com/gp/product/B08QRB3GJK/ref=dbs_a_def_rwt_bibl_vppi_i1

The Workbook Design



Each Chapter

Chapter Lesson

- Read and/or watch author video
- Why these tasks



Special Video

- Further illustrates concepts



Exercises & Reflection Questions

- To engage you with the material



Takeaway

Simple, effective,
research-based
technique for
improving positive
emotions & gratitude



Three Good Things

1

Today ...

2

And also ...

3

And then ...

Breakout Rooms

"Three Good Things" Exercise

~

Each person share one good thing that
happened to you this week





After Breakout Rooms

Growth Mindset and Self-Efficacy

Chapters 9 and 11 in the Workbook



Growth mindset

The perspective that rather than being a final statement on the inherent limitations of who you are and what you can do, a failure or set-back is actually an opportunity to learn so that you can do better next time and eventually be successful

~ Bruce Smith, p. 77



Growth mindset

We have the ability to grow and change
(although it may require hard work and dedication)



Fixed mindset

Our abilities, intelligence, etc., are already
determined and we can't do much to change them

What is Self-Efficacy?

Your belief in your ability to do what it takes to reach a specific goal

Not about your actual ability — it's about your "I can do it" belief

Usually about a specific goal (differs from self-esteem which is how favorably we view ourselves)



Importance of Self-Efficacy



Approach a difficult task as a challenge to be mastered, rather than a threat/fear to be avoided



Inspires us to set more challenging goals and stay committed to them



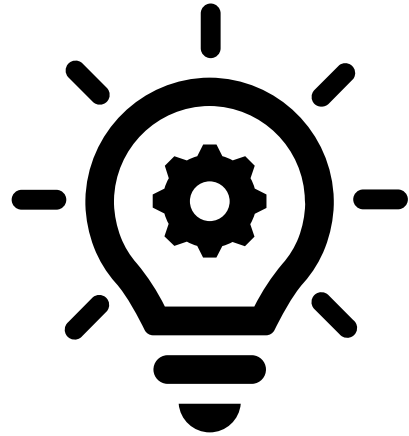
Gives us a broader view and increases creativity leading to more options



Increases resilience



Makes us more successful by reducing stress we experience in tackling a challenging activity



Breakout Rooms

Reflect on a time you were at your best, when you think that your self-efficacy was particularly high (e.g., you were confident that you would be successful).

Why do you think your self-efficacy was so high?



After Breakout Rooms

Do It... Dive in!

We encourage you to develop a plan of action to improve your wellbeing using “Move From Surviving to Thriving: The Positive Psychology Workbook for Challenging Times”





Type Your Questions in the Chat or Unmute to Share Your Thoughts

YOUR COPY OF THE WORKBOOK

*Please share it freely :)

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Hard copy available at cost of printing:
https://www.amazon.com/gp/product/B08QRB3GJK/ref=dbs_a_def_rwt_bibl_vppi_i1

Thank you for joining us!

Contact Tracey or Tanya if you wish to share or have any questions
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