

Announcing ...

**Positivity Skills for Professionals [And Other People]:
A Teleconference Program to Harness the Power of the Positive
Beginning February, 2014**

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What:

A six-month/six-session teleconference series to strengthen and deepen your ability to *respond constructively, consistently, and effectively* in all areas of your work and personal life.

Why:

The science is clear and compelling: focusing on "The Positive, the Potential, and the Possible" produces superior outcomes in: [1] *relationships* [2] *individual effectiveness & performance* [3] *organizational productivity*, [4] *team cohesiveness and performance*, and [5] *group and organizational profitability* - as well as in [6] *our health*, [7] *our well-being*, and even [8] *our longevity*.

How:

We will apply the principles, research-based practices and techniques, and wisdom of Positive Psychology, Appreciative Inquiry, and neuroscience. This course is "*a full-on campaign for positivity.*"

The **maximum group size will be 12.**

Results/Outcomes:

1. A consistently more positive and skillful *inner environment* (i.e., how you perceive, think, feel about, and plan to act rather than *react*)
2. Enriched quality and outcomes in your *outer environment*: your interactions, conversations, and relationships, and your productivity
3. Reduced stress reactions and their physical and health consequences
4. Enhanced resilience and effectiveness in responding to daunting individuals, situations, crises, and transitions
5. Greater clarity and faster progress in identifying and pursuing vision, goals, and plans
6. Other, unanticipated *positive side effects*.

Format:

Each month, we'll focus on a core positivity skill area and explore concrete practices and tools for strengthening and deepening that skill. The monthly 90-min teleconference will include:

- A mini-lecture on background, importance, and impacts of this skill
- Review between-session assigned practice
- Application exercises: thought experiments, 1:1 or small-group conversation (via Maestro Conference or other technology).
- Group discussion
- Demonstrations
- "Clinic segment" (your upcoming, recent, or recurring situations and how to apply positivity practices to them)
- Q & A
- Assigned practice

Between-Session Application Work:

- Short readings and/or viewing (e.g., web videos or my own webinars, recorded exclusively for this course);
- Exercises to apply the skill in one or more situations, and/or daily practice
- Note: for the most part, these exercises will typically not "take time", as they will be conducted in your "real-life life". In fact, they'll probably save time, because of their effectiveness;*
- Brief recording, journaling, and/or emailing.

Positivity Skill Areas to be Covered:

1. ***Appreciative Mindset:*** seeing "the oak in the acorn"
2. ***Focusing on the Positive Core*** (i.e., in yourself, others, situations, etc.)
3. ***Positive Conversational Skills:*** being intentional and skillful in forming and asking positive Qs; knowing how to reframe non-positive Qs on-the-spot
4. ***Positive Envisioning Skills*** (for any situation and timeframe)
5. ***Tuning up your PN (Positivity-Negativity) radar*** (and using your awareness as a key "data point")
6. ***Walking the Positivity Walk:*** bringing it all together; how to stay in permanent orbit.

Additional Info:

- Teleconferences will include: active participation, real-world examples, participants' case examples, etc. The "culture" of the group will reflect the positive skills and practices -- *we'll live them as we are exploring and learning them*. For example, we'll "focus like a laser" on the positive core of each other's questions, comments, and responses. ALL TELECONFERENCES WILL BE RECORDED AND THE LINK TO RECORDINGS SENT TO PARTICIPANTS.
- Participants may elect to identify an overall "project" (e.g., a work assignment, a particular type of situation, a specific relationship, etc.) to which they apply the practices, tools, and exercises during the six months. (This is optional but available.)

Each teleconference will be recorded, and links to the recording will be provided.

Registration Fees:

The fee for the six-month program is \$990.

Scheduling:

We will establish each month's group meeting time by using WhenIsGood.net scheduling software. This will maximize the ability of all group members to attend all sessions. (We know your schedules are ridiculously full!)

How to Register for the Series:

Please email me (ed@edwardjacobson.com).

How to Raise Qs and Make Comments:

Email me (ed@edwardjacobson.com).