Building a positive culture
Utilising the powerful principles of Positive Psychology

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If you can
DREAM it,
you can do it!
WALT DISNEY

But let's get one thing clear…

All our dreams can come true, if we have the courage to pursue them.

Walt Disney

A positive workplace culture is definitely possible but…

…you have to work for it
…and you have to know why to work for it!

Research clearly indicates that the happiest staff are…

- 180% more energised
- More than three times more satisfied with their jobs
- Three times happier with life
- More than twice as engaged at work
- Two-thirds less likely to take sick leave
- 50% more motivated
- And 50% more productive than their less happy counterparts

How about…

Better attraction and retention
Productivity and performance
Creativity and Collaboration
More resilience and less stress
And so much more (including NO downside at all!)

Do you have to…?
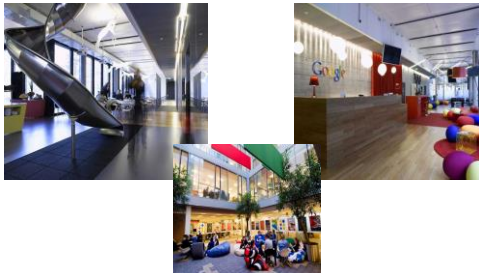
Key characteristics…

Culture
Optimism, positivity, gratitude, play
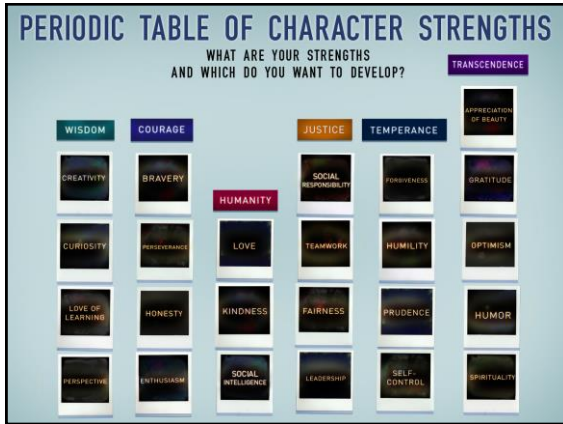Relationships
Strengths, flow, compassion, integrity
Communications
Supportive, Active/Constructive, Positive Statement Ratio
Meaning
Connection to personal values, accomplishment, impact, community

PERIODIC TABLE OF CHARACTER STRENGTHS
WHAT ARE YOUR STRENGTHS
AND WHICH DO YOU WANT TO DEVELOP?

Positive Communications

Active/Constructive Responding

Community

From little things big things grow…

…think you can improve yourself and/or your school by 1%?

What if you did that 100 times???

Questions?

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Let me finish with a story…

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