

LEADING FROM YOUR STRENGTHS

Positive Psychology and Professional Development

November 12–17, 2017

Maria Sirois

For those in the counseling and medical professions, understanding how we elevate capacity in ourselves, our clients/patients and our teams is crucial to creating inner templates for health, resilience, and increased overall well-being. This course explores the dynamic shifts that emerge when enabling clients and patients, as well as team members, to concentrate on and amplify the character strengths that enable them to lead from their best selves.

Every human being has strengths; often we fail in our professions to consider how those strengths can be leveraged to moderate stress, decrease pessimism and/or anxiety, navigate sudden change or loss, and increase life satisfaction. A focus solely on pathology fails to provide for our clients or those we supervise the fullest opportunity to bring their best selves to bear on a situation and reduces their vitality, flexibility, and enthusiasm when faced with stress, grief, fear, or anxiety. Combining, however, an attention to what is working and strong within a person, with a focus on what may not serve them, provides us as professionals with an array of opportunity for growth that enhances hope, clarity, confidence, self-worth, and enthusiasm for the hard work of change.

We discuss current research from the fields of Positive Psychology and mind-body medicine and experience multiple moments of introspection and conversation regarding the application of signature and character strengths to the clinical hour, diagnosis, supervision, and team management.

The target professional audience is for novice and experienced practitioners in the clinical and medical settings.

Program Schedule

SUNDAY | NOVEMBER 12

- 7:30–9:00 pm **Reservoir of Wonder**
Learning Objectives
- Define Character Strengths vs. Signature Strengths
 - Describe how strengths increase resilience, happiness, and health.

MONDAY | NOVEMBER 13

- 8:30–11:30 am **Character Strengths**
Learning Objectives
- Define character strengths vs. signature strengths.
 - Describe how strengths increase resilience, happiness, and health.
 - Recognize the benefits of a strength-based approach to high stress group environments (teams at work, families under stress, and organizations in change mode).

- 1:45–3:45 pm **Strengths in Action**
Learning Objectives

- Apply tools for increasing strength applications at work and at home.
- Apply the teaching of strengths-based approaches to clients, supervisees, teams, and families.
- Identify strengths in self and others in action.

TUESDAY | NOVEMBER 14

8:30–11:30 am **Authenticity: Moving Toward an Ideal Self**

Learning Objectives

- Apply tools for increasing strength applications at work and at home.
- Explore the dynamic of the ideal self while activating signature strengths.
- Describe the authentic self model of development.
- Define relationship between authentic self and ideal self.
- Apply authentic self model to client-related questions.
- Practice leading from signature strengths to increase growth toward the ideal self.
- Examine personal barriers to authenticity.
- Identify personal and professional benefits to moving toward an ideal self.

1:45–3:45 pm **Mindfulness and Freedom**

Learning Objectives

- Identify strengths in self and others in action.
- Practice strength-spotting and eliminating strength-blindness.
- Practice mindfulness and strength practices to alleviate psychological and physiological distress.

WEDNESDAY | NOVEMBER 15

8:30–11:30 am **Barriers to Growth**

Learning Objectives

- Recognize the dynamic of the ideal self while activating signature strengths.
- Identify personal and systemic barriers to growth.

1:45–3:45 pm **Strengths in Action, Part 2**

Learning Objectives

- Practice strength-spotting and eliminating strength-blindness.
- Assist peers, clients, and patients in strengths-based visioning exercises

THURSDAY | NOVEMBER 16

8:30–11:30 am **Honoring the Journey**

Learning Objectives

- Practice visioning a strengths-based environment.

1:45–3:45 pm **A Strengths-Based Life**

Learning Objectives

- Recognize the benefits of a strength-based approach to high-stress group environments (teams at work, families under stress, and organizations in change mode).

FRIDAY | NOVEMBER 17

9:00–11:00 am **Bringing It Home**

Learning Objectives

- Recognize the benefits of a strength-based approach to high-stress group environments. (teams at work, families under stress, and organizations in change mode).
- Practice visioning a strengths-based environment.
- Learn crucial elements to sustaining positive transformation.
- Define successful daily habit change.
- Summarize how positive transformation happens.
- State the short- and long-term goals for strength development.
- Apply habit change research with goal setting to create a specific plan of action.

Psychology 20.5 CE Credits

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted on the program's webpage.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length.

As an APA-approved sponsor of continuing education, Kripalu Center for Yoga & Health is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness.

(Note All programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted on this program's webpage.)

Social Work 22.5 CE Credits

Programs have been approved for Category I Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Find out more: kripalu.org/cecredits