

Workshops, Coaching and Consulting

Flourishing Schools focuses on bringing the research of positive psychology to bear on creating great schools. Our workshops, coaching and consulting are an investment in the lives of the participants, both in school and beyond.

We seek to build:

- awareness and understanding of personal strengths,
- the habit of seeing strengths in others,
- flexible optimism,
- relationship skills, and
- hope.

We believe that even in an era of test-based accountability, our approach is the surest, fastest, and most sustainable approach to creating ever greater schools, including but not limited to test scores.

Multi-day Workshops

Broaden & Build

3 Days

Teachers and students who regularly experience positive emotions, thought patterns, and relationships are likely to be more resilient, happier, productive, and healthy. A growing body of research shows that positive experiences build academic performance.

This three-day workshop introduces educators to a deeper study of positive emotions, thought patterns and relationships and to the role of character strengths at the individual and collective level. Attendees develop strategies to foster a strengths-based approach in classroom, visual and performing arts, and athletic arenas in the areas of motivation, optimism, resilience and savoring.

Hope Week

5 Days

Hope Week expands on the **Broaden & Build** workshop by including Hope Theory, additional personal development, group pathways planning, and community involvement.

Why Would Anyone Follow You?

2 Days

This question secretly saps the energy and commitment of many potential leaders. Participants will develop answers through a process of self-discovery focused on strengths, optimism, positive emotions, relationships, and values.

Coaching: Development and Sustainability of Your Flourishing School

Leader Development

10 Sessions

Distance learning course designed to refine approaches and develop habits begun in "Why Would Anyone Follow You?" Includes web meetings, conference calls, colleague support and e-coaching.

Teacher Tips

Individual

One-hour e-coaching sessions on the application of positive psychology findings to classroom and individual student teaching challenges.

Where Do I Go from Here?

10 Sessions

What if it isn't good? What if you are managing a principal, vice-principal, or administrator who is struggling in his or her current position or who lacks key attributes for advancement? This partially-structured, partially-custom series of one-on-one coaching sessions can develop direction and momentum to either better perform in the current path or find a new path!

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Workshops: Individual Topics

The following topics can be combined into programs tailored to your needs, and many can be delivered via e-conferencing at substantial cost savings.

What's on Your Playlist?

Our "playlist" of beliefs tilts our emotional experience, and thus shapes our performance. Learn what's playing on your internal "belief station" and reset the channel by thinking more accurately and developing a more effective response style. Based on 20 years of Positive Psychology research!

Using Your Powers for Good

Learn to identify character strengths and to combine them in new ways that result in improved well-being, goal setting and achievement. Track improvements using a high-compliance journaling technique that reinforces strengths.

Relationship Building in Your Learning Community

"Other people matter" has been suggested as the best summation of the findings of Positive Psychology. Learn a simple yet powerful tool that you can use with students or colleagues to build relationships that are keys to success. Works great between students, too!

What is Smart?

Experience how many students feel about school, their opportunities to learn, and what it means to be "smart" through the lens of Carol Dweck's work on self-theories of intelligence. Practical classroom measurements and interventions are introduced. Participants brainstorm applications in classrooms and counseling.

Should Schools Teach Happiness?

Schools around the world and across the USA are beginning to focus on happiness (well-being). This program will look at some of these efforts, the science behind them, and ask the "all-important" question, what about test scores? Participants explore implications for leadership and system policy.

Strengths-focused Culture

Focusing on enhancing strengths as opposed to fixing weaknesses offers new ways forward for developing a positive culture in a school. This program focuses on a free, research-based, online tool for assessing human strengths that have been valued around the world for 3,000 years. Research and information from schools currently using this tool is covered.

Consulting

Is your school or system stuck? Are your efforts not getting traction? Let us show you how strengths-focused, positive consulting can reveal new pathways and generate momentum toward shared goals. We will customize for your unique needs and situation.

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