

Positive Leadership Institute: Overview

Strategic skills that produce outcomes.

The Positive Leadership Institute provides a wide range of course offerings for individuals and groups to Engage, Align and Thrive. Our unique tools and methodologies help unlock the power of individuals, teams and organizations to meet their fullest potentials in the workplace and beyond.

Rooted in the Progression Theory developed by Positive Leadership founder Adam Seaman, the five-part curriculum represents a comprehensive philosophy and practice for organizations and individuals to progress toward thriving. At its heart, our unique and original content is about optimizing the application of resources in any situation to achieve the highest outcomes - what we define as thriving.

The Positive Leadership curriculum draws from a range of disciplines and philosophies such as leadership theory, organizational development and positive psychology. Unlike traditional psychology that focuses on fixing what's wrong in order to help people return to healthy functioning, the positive psychology approach focuses on what's going right and how to enhance it further.

Balancing theory with practice, the Positive Leadership Institute courses facilitate a highly interactive and experiential learning process for individuals and groups to build practical skills and knowledge that is readily applicable in real-life situations. Each course is designed so that participants engage with the content in three steps:

- 1) **Learn** key principles, models and tools;
- 2) **Apply** learning through concrete experience and reflection;
- 3) **Enhance** learning through facilitated discussion with peers.

Each course (full day equivalent) is composed of three 2-hour sessions supplemented with additional homework exercises and reading materials. Course offerings include:

- **Talent2Strength:** Understand and maximize your talents together with peers
- **Introduction to Positive Leadership:** Learn to champion positive change and serve as a model for others
- **Safety, Growth, Performance:** Foster a culture of high employee performance and wellbeing
- **Communication4Alignment:** Use communication as a transformative tool to achieve your outcomes
- **Strategies, Tactics, Operations:** Align your organization's structure to achieve clarity of purpose and advance performance outcomes

Who should attend: The courses are designed to benefit a range of professional levels - from early career professionals to mid- and senior-level management.

