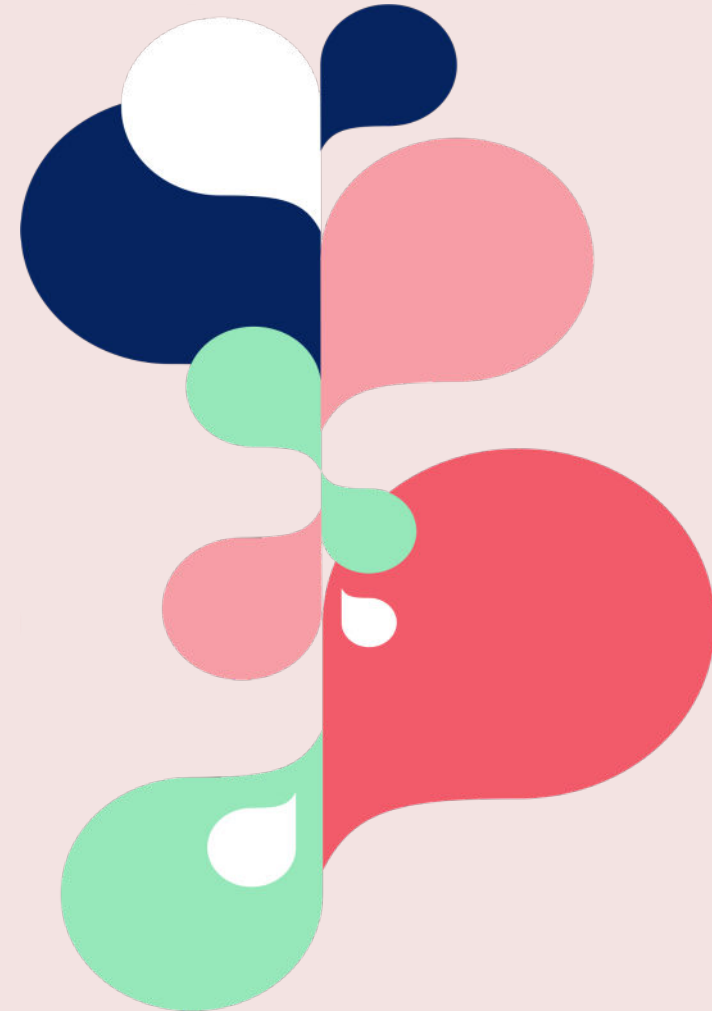


How Am I?

Growth, Wellbeing
& Happiness






TODAY:

- ♥ Letting Go....
- ♥ Personal Growth
- ♥ Positive Psychology: Building on the good
- ♥ *Happiness Assessment practice*
- ♥ Happiness Practices
- ♥ *Resonance Practice*
- ♥ 10:45 Ending







All our personal growth
makes us more effective
helpers....

More Wisdom



More Empathy



More Courage



Amplifying the Good



Positive Psychology:

Identifying & amplifying *positive emotions, states and practices* such as happiness, wellbeing, strengths & flourishing





Why
focus on the
positive?



More Motivating



More Empathic

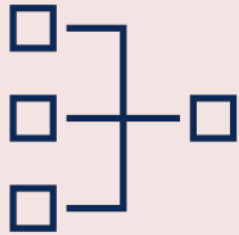


More Effective

Barriers to Focusing on the Good....?



Systems



Culture



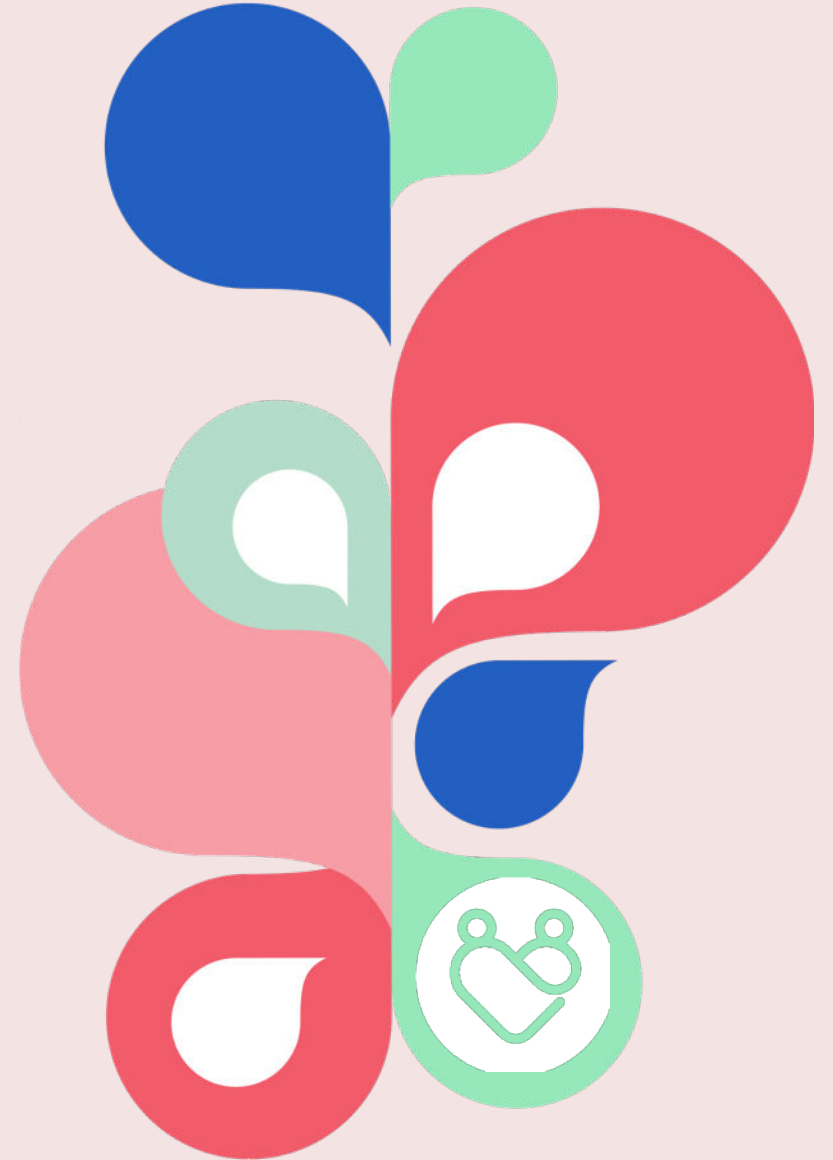
Biology



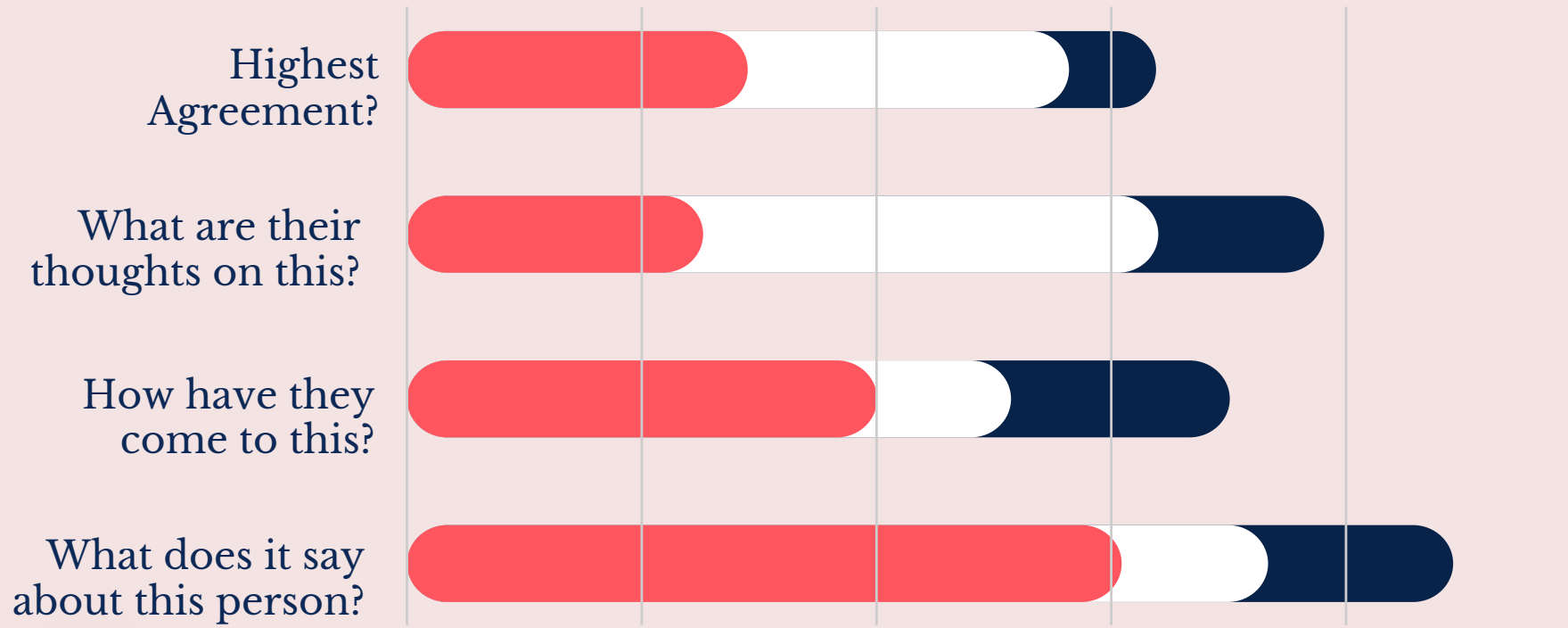
How
are we
doing?



Practice



Flourishing Deep Dive...



Open Ended Questions & Affirming Strengths:

Tell me more your highest
agreement(s)...

Tell me more...

Look for strengths, what it says
about them...share back!





Evidenced-Based Happiness Practices



Gratitude

Connection





Celebration...



Collective Elevation

Maravillarse (awe)





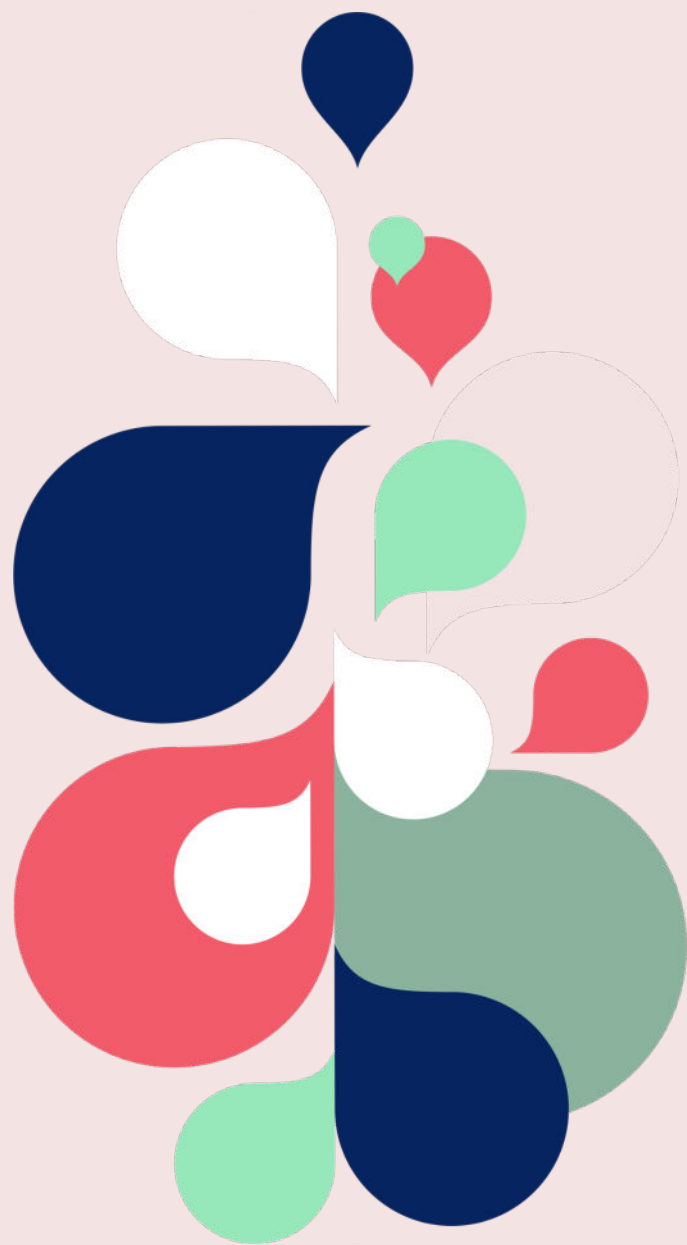
Laughing!



Sharing in positive emotions:

Positivity Resonance





In demonstrating
empathy, how we
respond to positive
emotions is *as*
important as how we
respond when
someone is
struggling....



Cautioning
(against disappointment)

Judging

'Great, BUT.....'

Mismatch Tone

Over-enthusiasm

Sharer:

Share something with your group that you are **happy about, excited about, relieved about...**

Listeners:

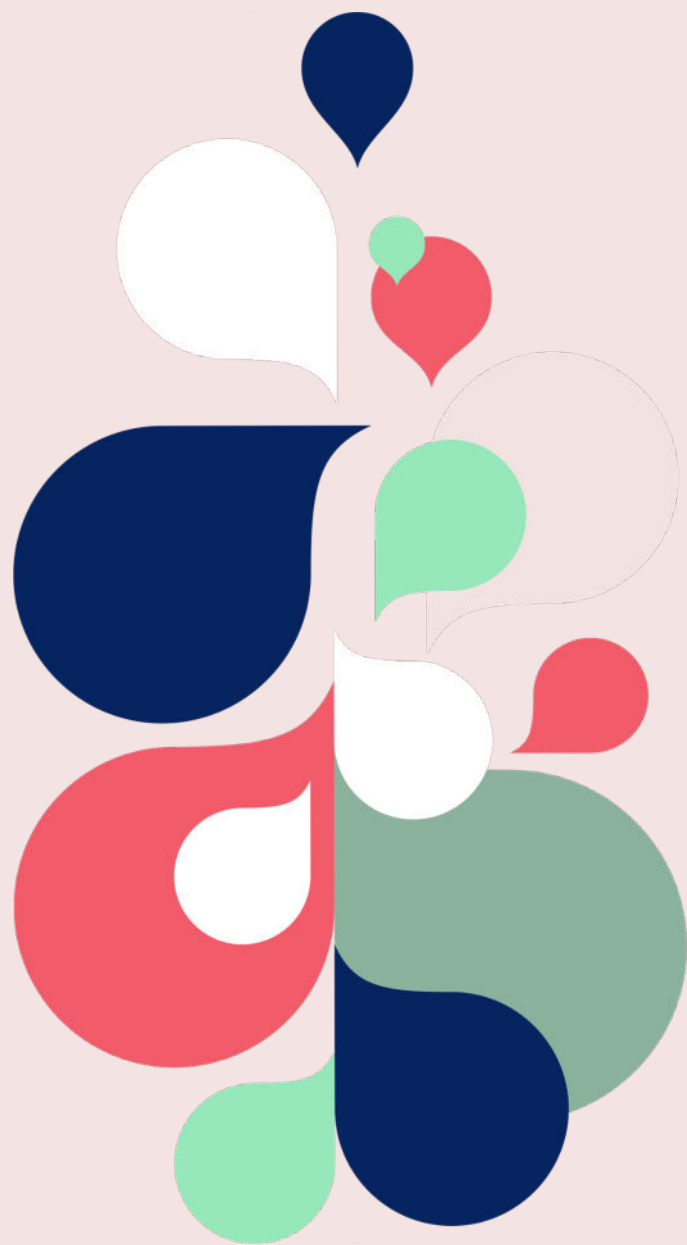
- ✓ Acknowledge/Reflect **their** feelings
(then ours!)
- ✓ Affirm strengths
(what does it say about THEM?)
- ✓ Open Ended Question



Next Month:

Empathic Systems: What's Possible?





**YOU ARE
DOING
ENOUGH!**

**EVERYONE
ALREADY
LOVES YOU!**



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