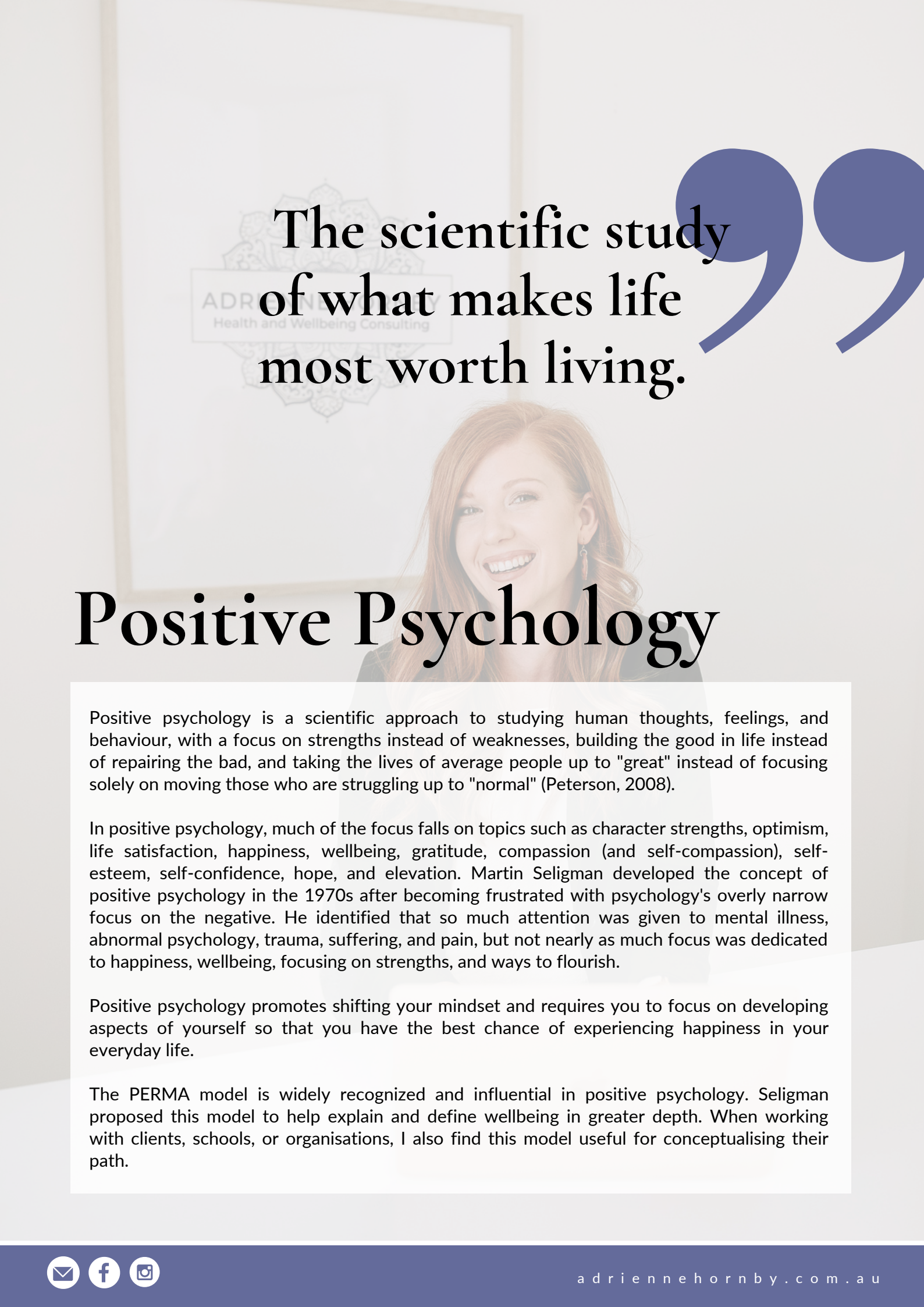


Health and Wellbeing Consulting

# POSITIVE PSYCHOLOGY





The scientific study  
of what makes life  
most worth living.

# Positive Psychology

Positive psychology is a scientific approach to studying human thoughts, feelings, and behaviour, with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad, and taking the lives of average people up to "great" instead of focusing solely on moving those who are struggling up to "normal" (Peterson, 2008).

In positive psychology, much of the focus falls on topics such as character strengths, optimism, life satisfaction, happiness, wellbeing, gratitude, compassion (and self-compassion), self-esteem, self-confidence, hope, and elevation. Martin Seligman developed the concept of positive psychology in the 1970s after becoming frustrated with psychology's overly narrow focus on the negative. He identified that so much attention was given to mental illness, abnormal psychology, trauma, suffering, and pain, but not nearly as much focus was dedicated to happiness, wellbeing, focusing on strengths, and ways to flourish.

Positive psychology promotes shifting your mindset and requires you to focus on developing aspects of yourself so that you have the best chance of experiencing happiness in your everyday life.

The PERMA model is widely recognized and influential in positive psychology. Seligman proposed this model to help explain and define wellbeing in greater depth. When working with clients, schools, or organisations, I also find this model useful for conceptualising their path.

# PERMA

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P

## POSITIVE EMOTIONS

An essential component of wellbeing is experiencing positive emotions. The best way to do so is by living in the moment and appreciating when you're in situations that make you feel good.

E

## ENGAGEMENT

This is the feeling of being completely tuned into and absorbed by something you enjoy doing and maybe even excel at. Being engaged in what you do helps promote a sense of wellbeing.

R

## RELATIONSHIPS

Building connections with others and having a support system helps us flourish, and having meaningful and deep relationships with others is essential for our wellbeing.

M

## MEANING

To feel profound satisfaction in life, we have to give it meaning. It's found when we step outside of ourselves and see how we can contribute to a greater good.

A

## ACCOMPLISHMENT

A sense of accomplishment helps reinforce that we're on the right track and keeps us moving forward. When we see we can meet our goals or excel at what we do, it promotes feelings of confidence and wellbeing within ourselves.

# PERMA CHECKLIST

How can you apply positive psychology to your personal life and in the workplace?

“PERMA” is the acronym for the five pillars of positive psychology – according to Seligman, “PERMA” stands for Positive emotions, Engagement, Relationships, Meaning, and Accomplishment. [Read more about these strategies here.](#)

## POSITIVE EMOTIONS

- Do what you love
- Savour moments
- Mental photos
- Personality assessments
- Positive language use
- Gratitude
- Growth mindset

## RELATIONSHIPS

- Spend time with loved ones
- Acts of kindness
- Manage conflict
- Team building
- Join a team/club
- Discuss concerns with loved ones

## ACCOMPLISHMENT

- Set goals
- Celebrate wins
- Track habits
- Check in with self
- Reflect on the past day, week, month

## ENGAGEMENT

- Identify strengths
- Mindfulness
- Find interests
- Find 'flow'
- Job role creation

## MEANING

- Gratitude journal
- Forgive others
- Mindfulness
- Personal development
- Charity work
- Donate money or time to organisations

”

The five pillars of the PERMA model are measurable and vital for achieving an overall sense of wellbeing.

The PERMA model gives us a framework for understanding wellbeing as well as a road map to move through and focus on.

- HEALTH AND WELLBEING CONSULTANT -  
- SCHOOL LEADER -  
- PRESENTER - HEALTH COACH -



## Set Your School Up for Success

Build a rock-solid staff culture, boost teacher engagement and achieve better school outcomes.

Feel like your teaching staff are burnt out and struggling to perform to their potential?

Engage a Health and Wellbeing Consultant to help your staff tap into new energy reserves and make lasting changes to their health and wellbeing. Create a positive ripple effect on their performance and engagement in the classroom.

### ABOUT ME

As a school executive, I was once unhappy, overworked, and burnt out. And when I looked around me, I could see I wasn't alone. Everyone around me was dropping like flies. I knew that if I wanted to function better at work, I needed to function better myself. So I decided to completely overhaul my lifestyle.

By prioritising my health and wellness, I started to feel healthier, happier, and more engaged at work. Since doing so, I've made it my mission to help schools build more positive cultures and individuals beat professional burnout and find their happiness again.

LEARN MORE

### CONNECT WITH ME

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