

Elevate Your Leadership: Positive Strategies for Successful Teams



Leaders have a significant influence on employee engagement, performance and retention. Positive leadership is an area of study within positive psychology which focuses on adopting strategies to enable team members to thrive and perform at their best.

A positive leader is interested in their team's strengths and motivations, not just the bottom line. Applying positive leadership at work has wide-ranging benefits for an organisation and has been shown to improve productivity, satisfaction and wellbeing.

SuperFriend's Elevate Your Leadership: Positive Strategies for Successful Teams course provides leaders with clear knowledge and real-world practical strategies to empower and motivate their team to develop, flourish and contribute to an organisation's success.

Overview

This course provides leaders with an introduction to positive psychology approaches that have been well-researched and extensively demonstrated to increase employee engagement, productivity and wellbeing.

After completing this course, learners will have an understanding of strategies and skills they can implement with their own team, including strengths-based approach, building motivation, creating a positive team culture, cultivating a growth mindset and empowering job crafting.

The course is evidence informed and designed to first upskill and educate leaders on the theory of each topic, and then provide practical strategies to reinforce the learning. Participants also receive exclusive access to resources and tip sheets they can use within their roles.

What will the course cover?

- Strengths-based approach
- Building motivation
- Creating a positive team culture
- Cultivating a growth mindset
- Empowering job crafting

Why participate?

- Scientifically based and evidence-informed course
- Developed by a team of subject matter experts
- Flexible and accessible delivery, complete when convenient
- Course completion certificate
- Exclusive access to downloadable resources, templates and tip sheets

Who should participate?

This course is recommended for leaders or emerging leaders.

Prerequisites

There are no prerequisites for this course.

Course details



Modules: 10 short online modules (2 hours and 15 mins total). Modules can be purchased together or separately.



Resources: Access to additional supporting resources – tools, tip sheets, templates, team activities, videos, articles.

Course Outline

Introduction to positive leadership • 5 mins



- What positive leadership is
- Why positive leadership is important
- How positive leadership can be used to benefit your team and organisation
- Positive leadership strategies

Optimising your team's strengths • 45 mins



- What strengths are
- What your top strengths are
- How to use your top strengths
- What a strengths-based leadership approach is
- How to become a strengths-based leader
- Team activities that can be used to embed a strengths-based approach

Motivating for success • 25 mins



- What motivation is
- What self-determination theory is
- The difference between intrinsic and extrinsic motivation
- What the state of flow is
- Tips to build motivation at work
- The benefits of having a motivated team
- Strategies to motivate your team

Creating positive team culture • 10 mins



- What team culture is
- Why creating a positive team culture is important
- How to build a positive team culture in your team



Online modules and all additional resources are accessed via SuperFriend's online learning platform, MySuperFriend.



Mastering mindsets • 25 mins



- The difference between fixed and growth mindset
- The benefits of having a growth mindset
- Strategies you can use to develop a growth mindset
- The benefits of having team members with growth mindsets
- Strategies to develop growth mindsets in your team

Empowering job crafting • 25 mins



- What job crafting is
- The benefits of job crafting
- How to job craft in your role
- The benefits of supporting your team to job craft in their roles
- Ways to empower your team to job craft

Additional resources



- Ongoing access to resource library to support learning
- Downloadable tools, tip sheets, videos, articles
- Certificate of Completion



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