

Be Your Best at Work: Positive Strategies for Success



Employees who are happy and engaged consistently perform better, are less likely to leave and produce better customer outcomes. Organisations flourish when team members are utilising their strengths at work and feel motivated to respond in a positive way towards achieving their organisational goals.

Positive psychology provides practical strategies that individual team members can use to boost their levels of engagement, productivity and psychological wellbeing while at work.

SuperFriend's Be Your Best at Work: Positive Strategies for Success course provides individual team members with clear knowledge and practical ways to foster a positively engaged and thriving workplace.

Overview

This course provides learners with an introduction to multiple 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 the strategies and skills they can use to build their engagement and satisfaction at work. The course focuses on using a strengths-based approach, building motivation, cultivating a growth mindset and empowering job crafting.

The course is scientifically based and designed to educate learners on the theory of each topic, as well as provide practical strategies and skills, and exclusive access to resources and tip sheets they can use within their roles.

What will the course cover?

- Strengths based approach
- Building motivation
- 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 all staff.

Prerequisites

There are no prerequisites for this course.

Course details



Modules: 4 short online modules (1 hour 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

Harnessing your strengths • 30 mins



- What strengths are
- What your top strengths are
- How to use your top strengths

The science of motivation • 15 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

Creating a growth mindset • 15 mins



- The difference between fixed and growth mindset
- The benefits of having a growth mindset
- Strategies you can use to develop a growth mindset

Shaping your role through job crafting • 15 mins



- What job crafting is
- The benefits of job crafting
- How to job craft in your role

Additional resources



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



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

