



PositiveLeader®

WORKSHOP:

# The PERMA Path

## A pathway to engaged, vibrant, and resilient leadership.

### Why Well-being?

Two things that we know for certain, from both a scientific and common sense point of view: 1) engaged employees make a stronger organization, and 2) engagement yields better outcomes in performance, productivity, customer and client outcomes, and employee retention. Competency matters, but even more so do character and consciousness. Leadership development must **begin within** and then **continue between** (people) to get true sustainable change.

**The Theory of Well-being** is the antidote for the fragmented, scattered, over-busy pace of the 21st century, and an essential competency for professionals who are going to thrive in this marketplace.

This workshop will have participants thinking about how they show up, who they are as leaders, and how to bring their best self to the task and their colleagues.

### Learning Outcomes

#### INDIVIDUAL

- Applied a new perspective to happiness, purpose, and achievement
- Built a framework for investing oneself wisely
- Formed the connection between individual well-being and vibrant leadership
- Acquired an approach that can be taught to others

#### ORGANIZATIONAL

- Improved leadership effectiveness
- Built a common framework for improving culture and work environment
- Better business performance over time

POSITIVELY IMPACT YOUR WORK LIFE AND LIFE'S WORK BY KNOWING YOUR WELL-BEING DOMAINS INTIMATELY, MANAGING THEM WISELY, AND LEADING THROUGH THEM DAILY.



### Format

- Interactive on-site workshop
- Scalable from a one-hour keynote to a full day workshop
- Topics of full day workshop include:
  - Creative/Reactive Leadership
  - Theory of Well-being
  - Creating PERMA (individual/organizational)
  - Tools, Techniques, and Coaching

**Ready to scale your efforts? Build resiliency? Introduce a sense of well-being into the every day work-life? We look forward to hearing from you.**

*the p.Link team*

“To have a balanced PERMA portfolio means to have well-being. To have well-being means to have resiliency. To have resiliency means to flourish. To flourish means to grow and develop over the course of an entire lifetime. That is a journey well-navigated and a life lived on purpose.”

