



**POSITIVITY  
IS THE  
KEY**

***“The Power of Positivity  
in a VUCA world”***

**Dr Suzy Green**

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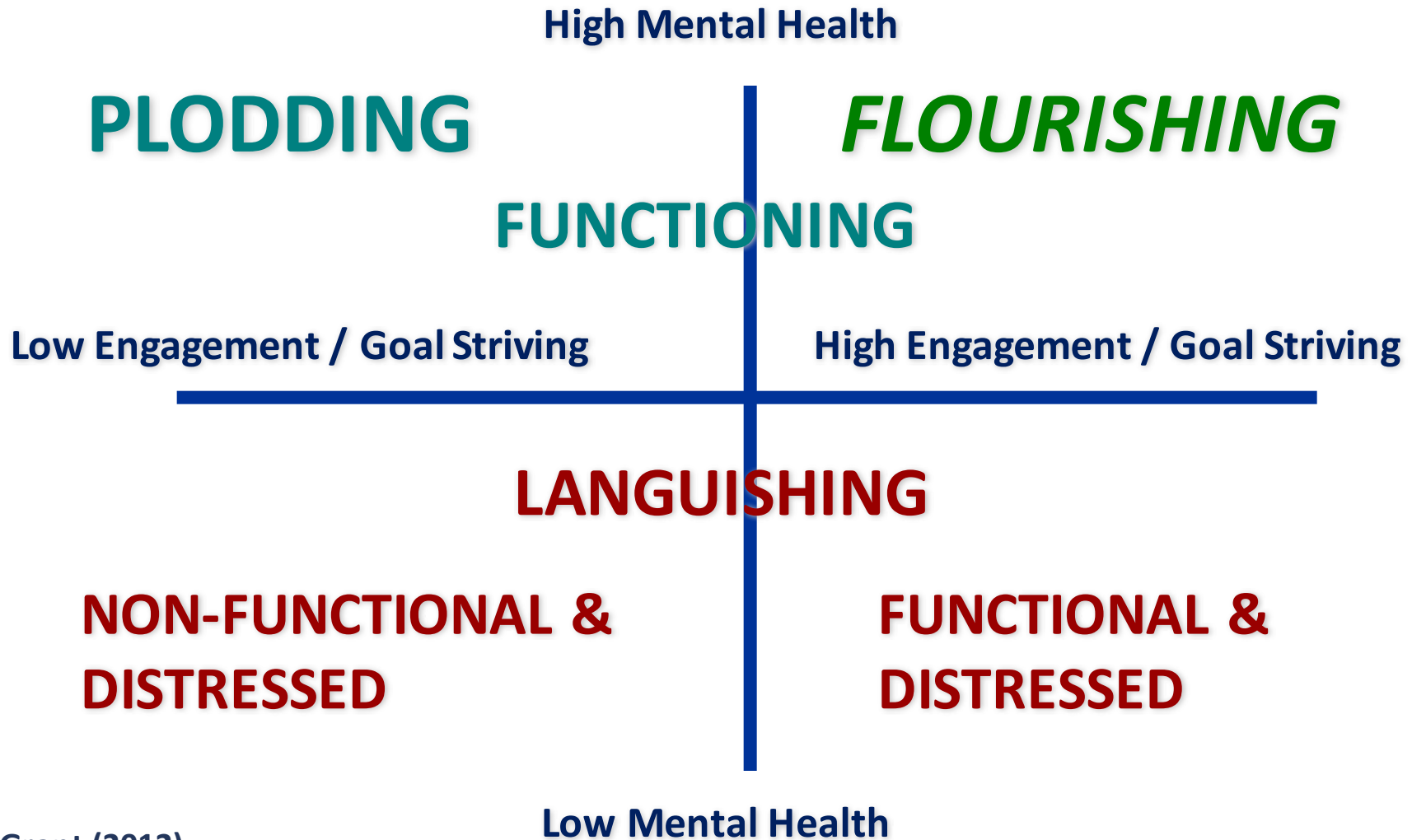


The



word

# *Well-being & Engagement*

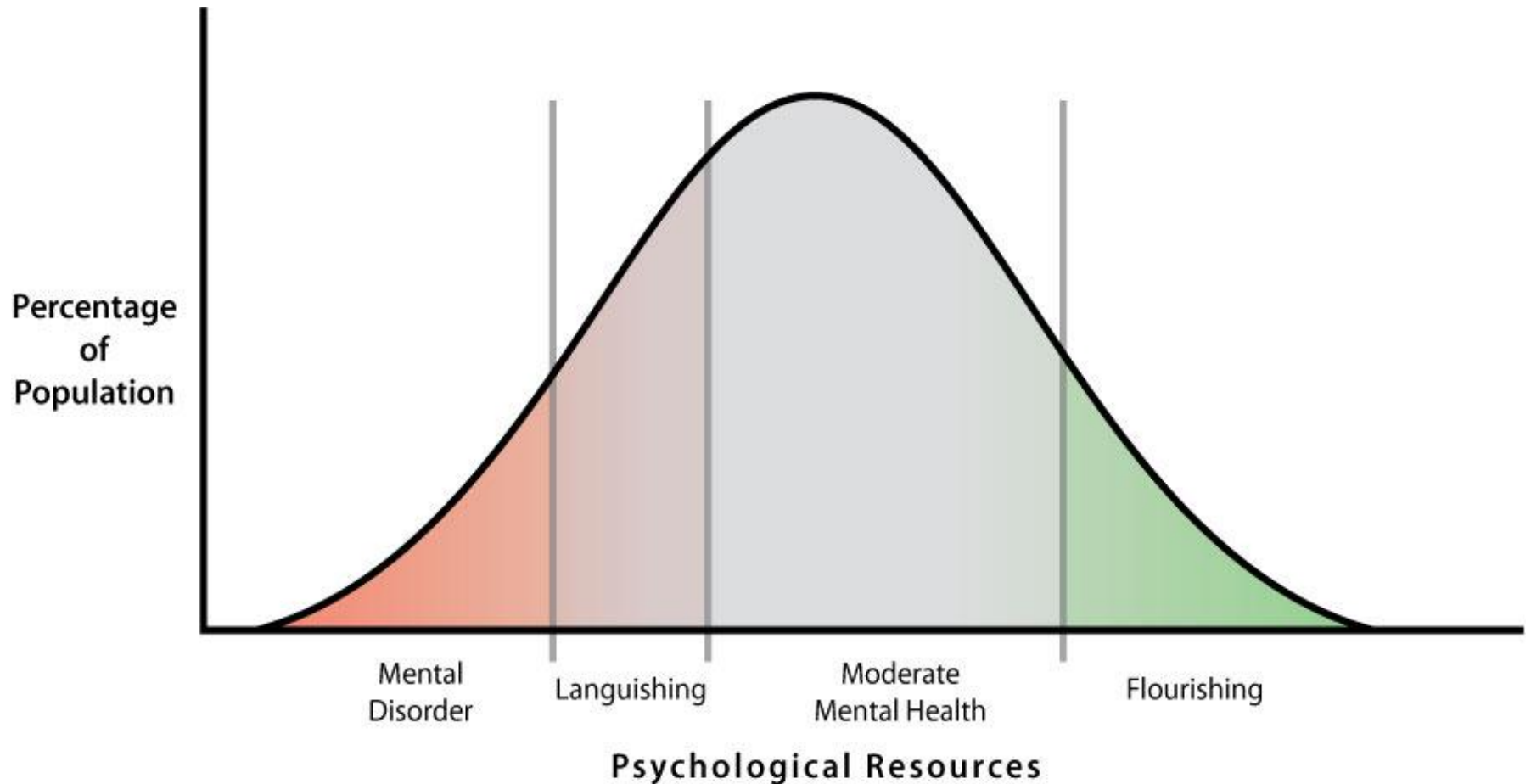


Grant (2012)

Keyes (2007)

# ***Mental Health Spectrum***

*(Well-being Institute, University of Cambridge, 2011)*



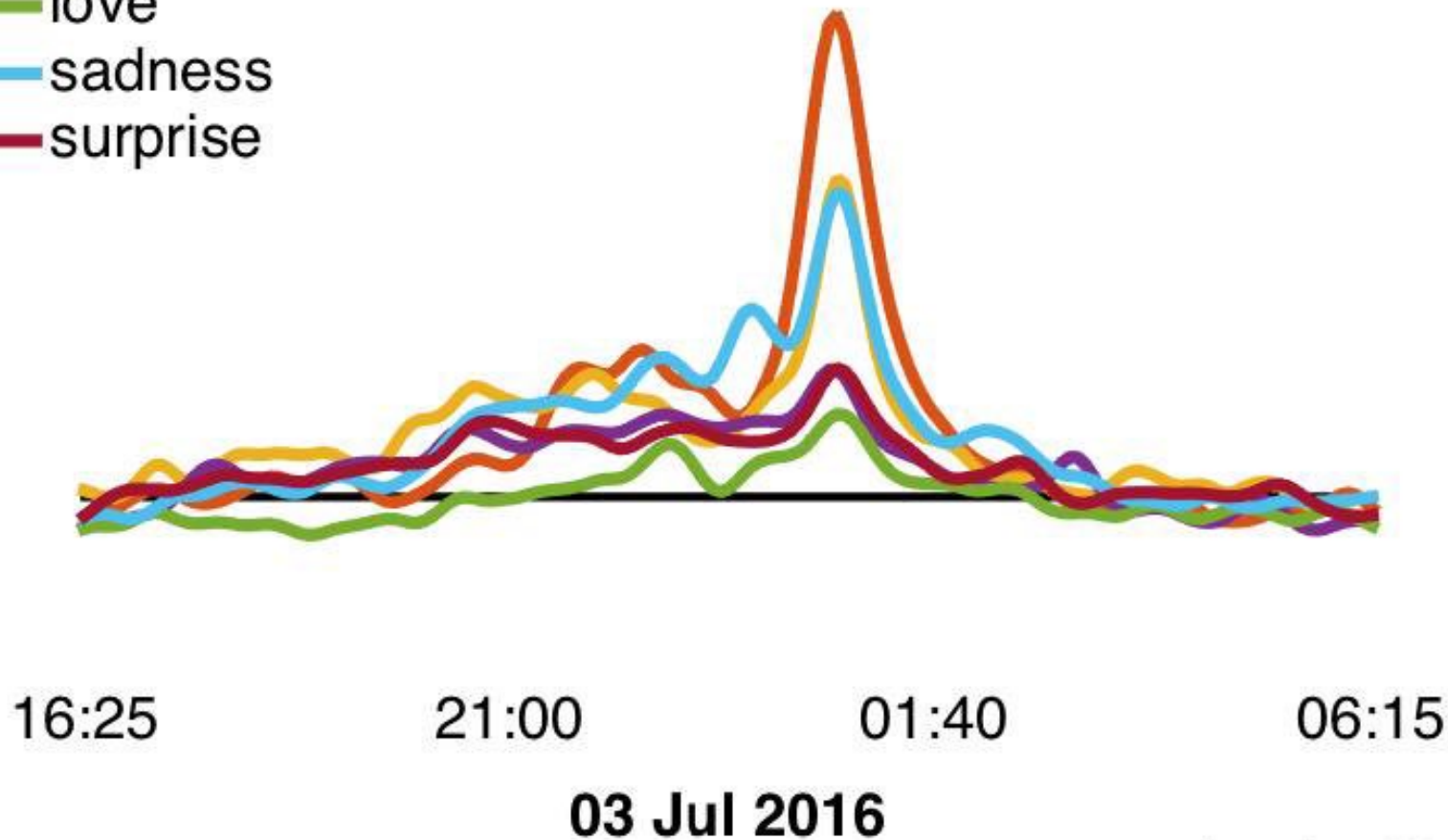
# #wefeel Twitter Analysis

(Black Dog Institute)

## Election 2016



BLACK DOG INSTITUTE



based on 149632 tweets

# #wefeel Twitter Analysis

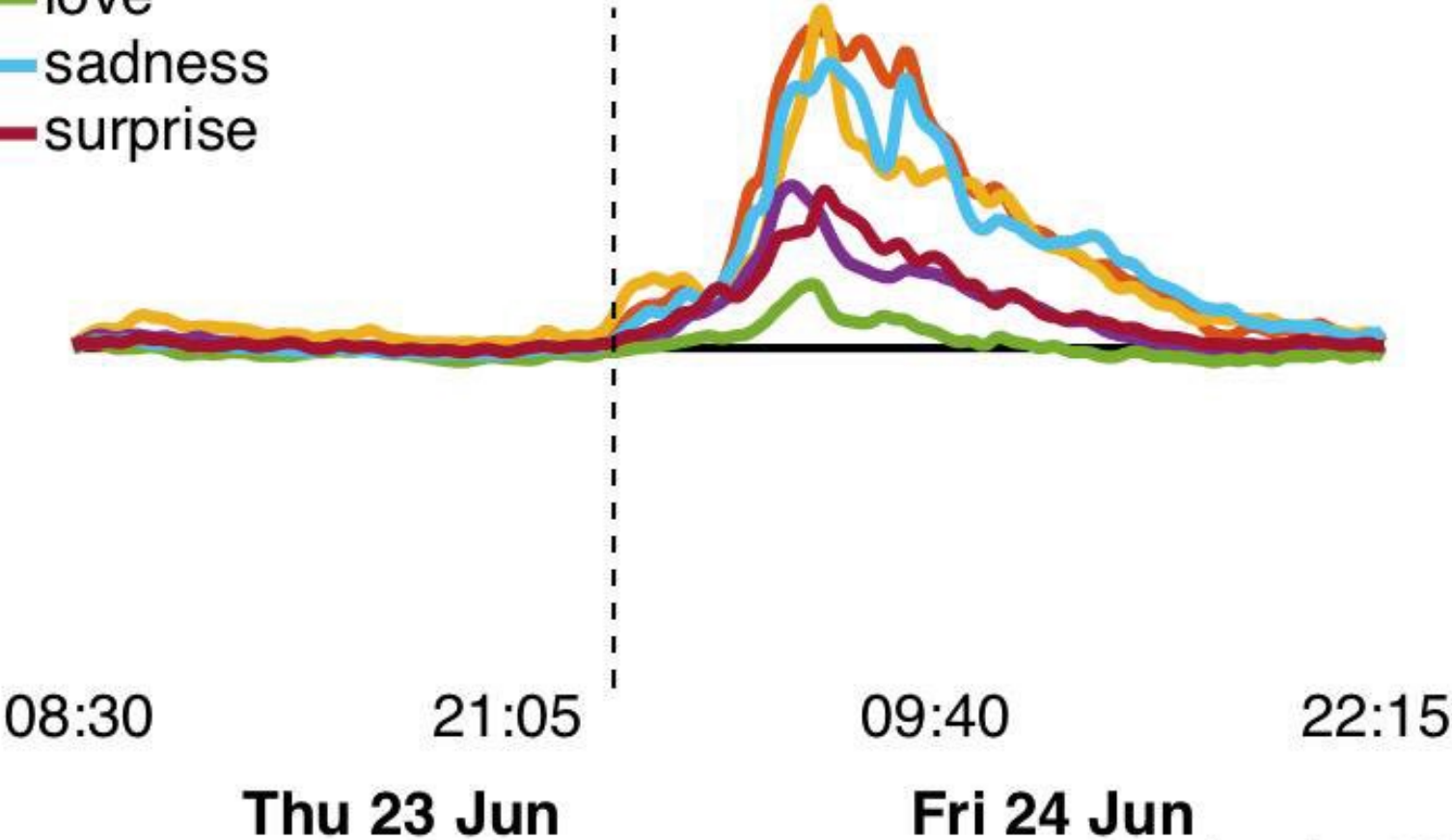
(Black Dog Institute)

- anger
- fear
- joy
- love
- sadness
- surprise

## EU Referendum

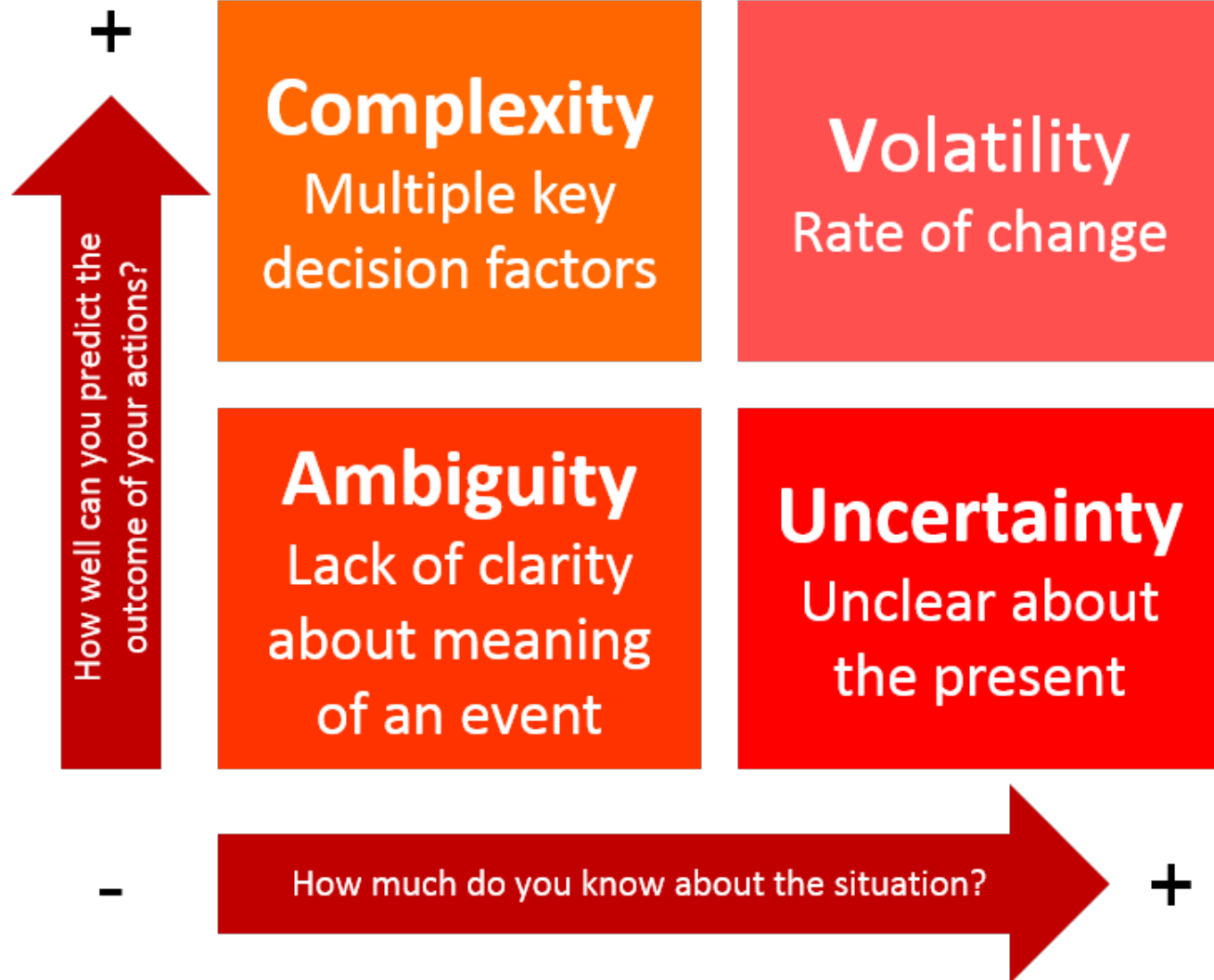


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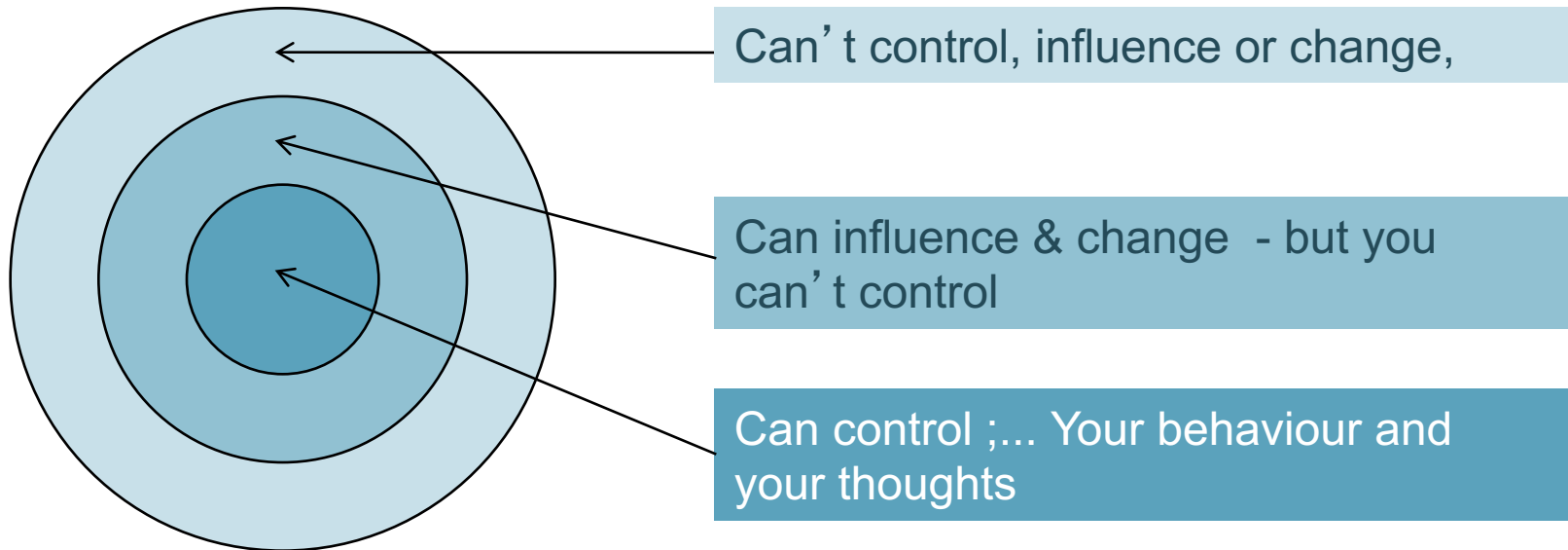
based on 3260014 tweets

# VUCA



# VUCA

*– Circles of Concern, Influence & Control*





# ***Old Dogs + New Tricks?***



# *Foundations of Flourishing:*

*RAW*



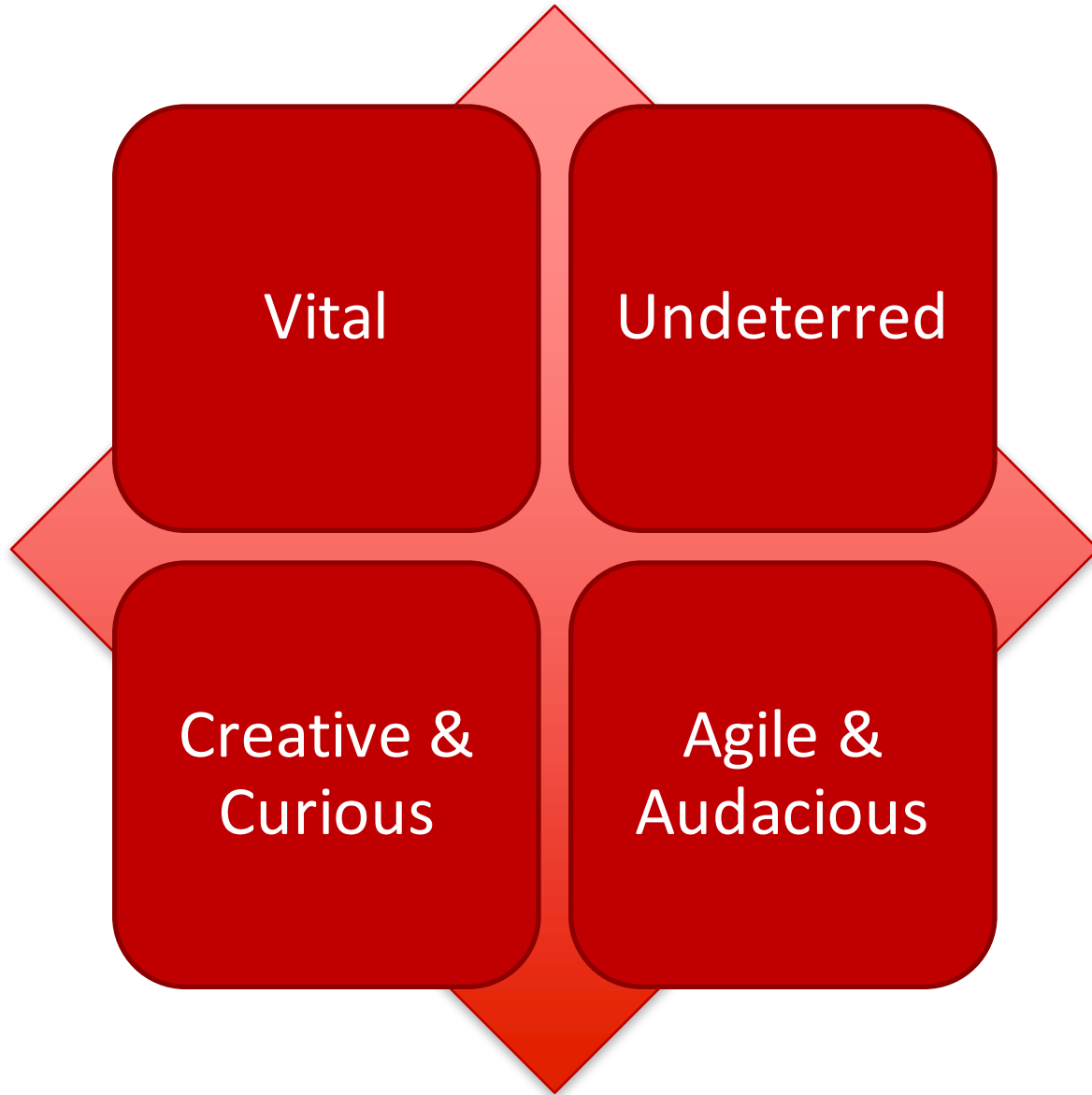
**Coaching  
Psych:  
Evidence-  
Based  
Coaching**



**Clinical  
Psych:  
Mental  
Toughness**

**Positive  
Psych:  
PERMA**

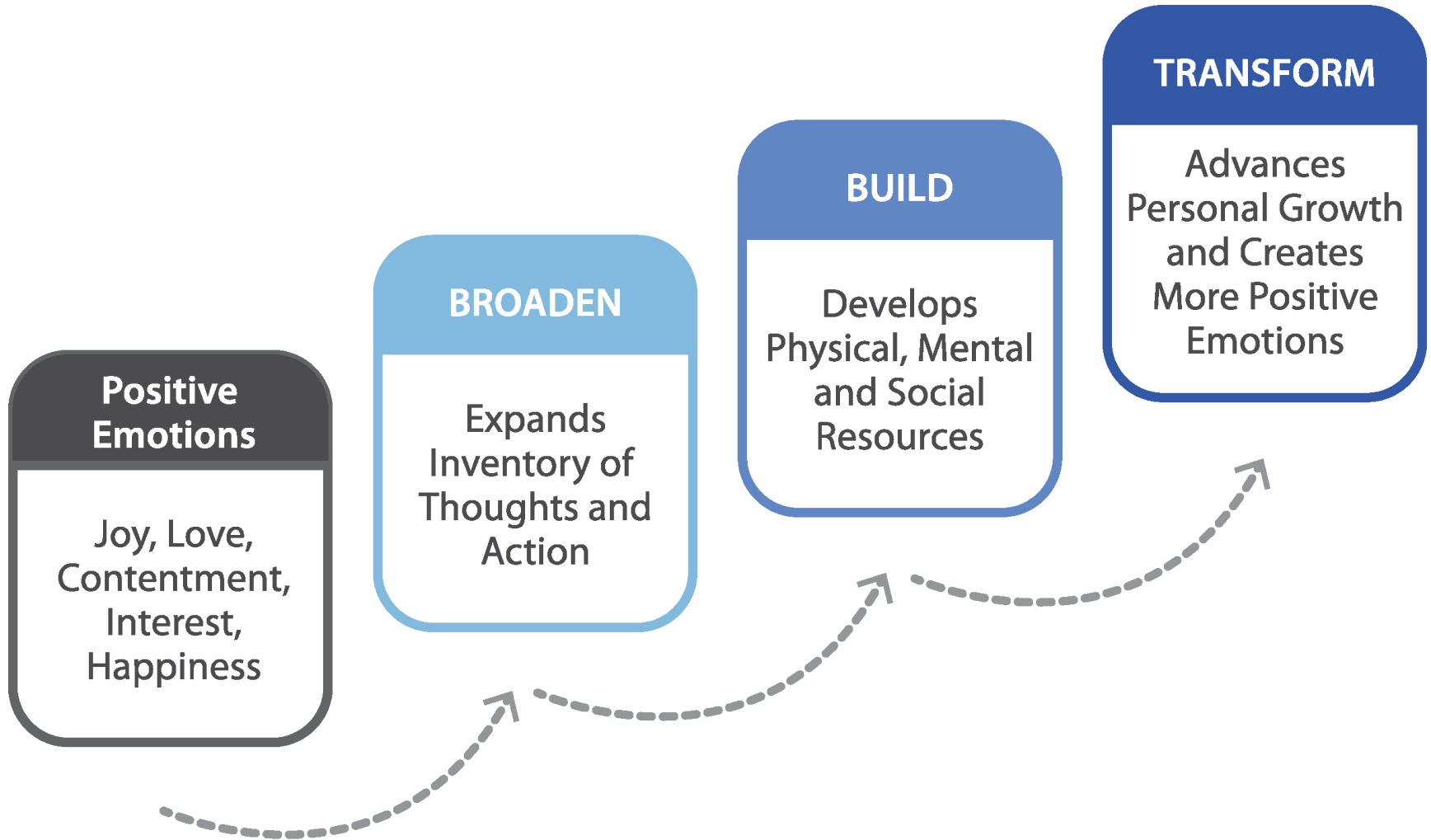
**Green & Palmer, 2014**



# Broaden-and-Build Theory

## *Positive Emotions Create Upward Spirals*

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### **intellectual resources**

develop problem-solving skills  
learn new information

### **physical resources**

develop coordination  
develop strength and cardiovascular health



### **social resources**

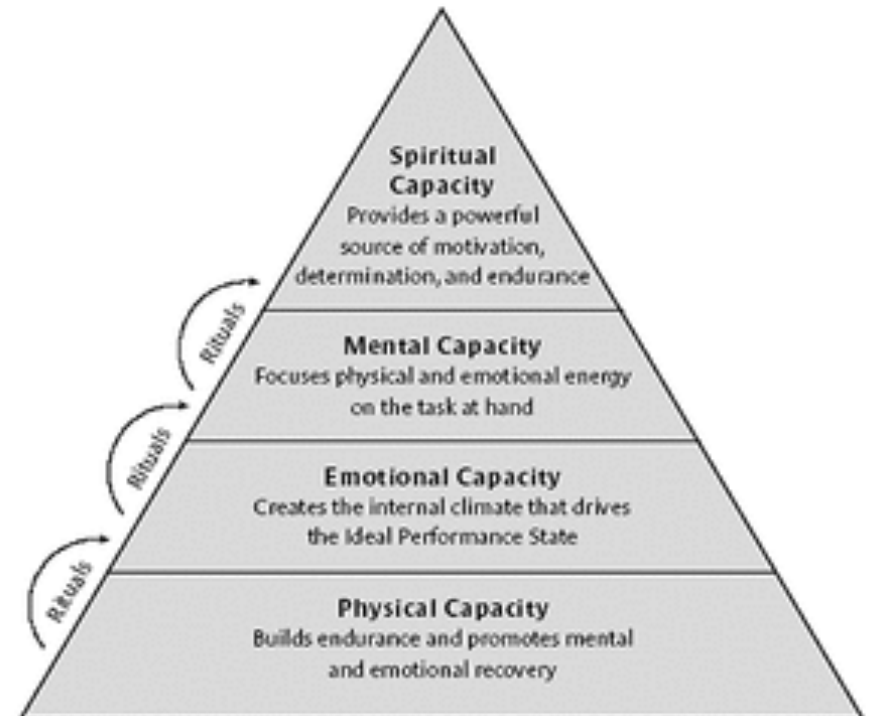
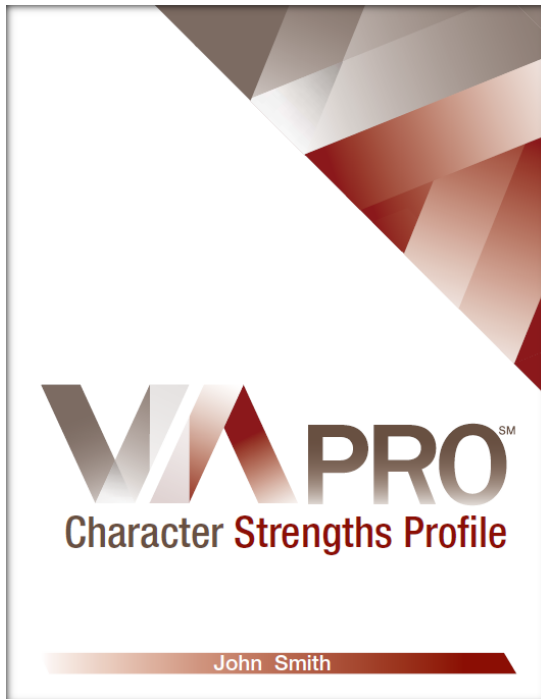
solidify bonds  
make new bonds

### **psychological resources**

develop resilience and optimism  
develop sense of identity and goal orientation

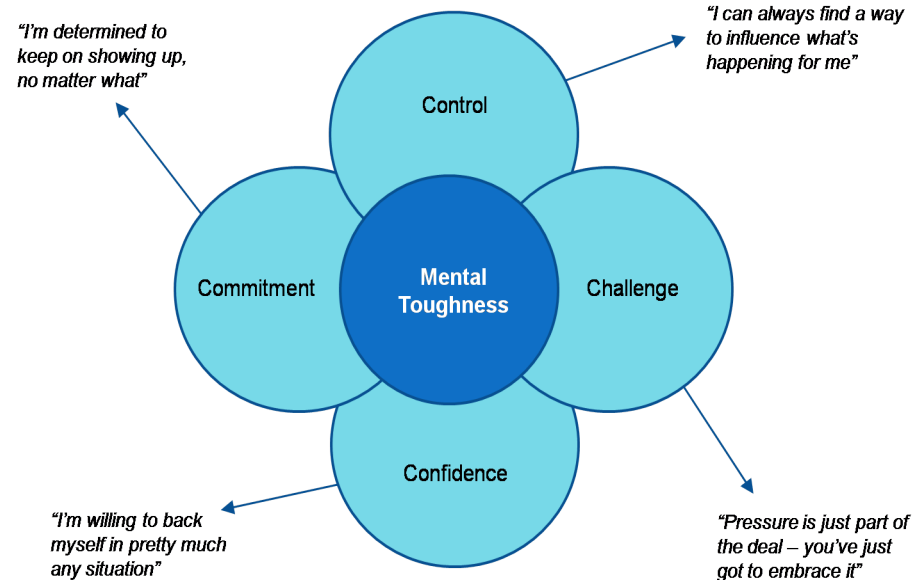
# Vital?

- *Where does “Zest” come on your VIA?* (Seligman & Peterson)
- *How well do you “Energy Manage”?* (Schwarz & Loehr)
- *Are you a Positive Energiser?* (Kim Cameron)



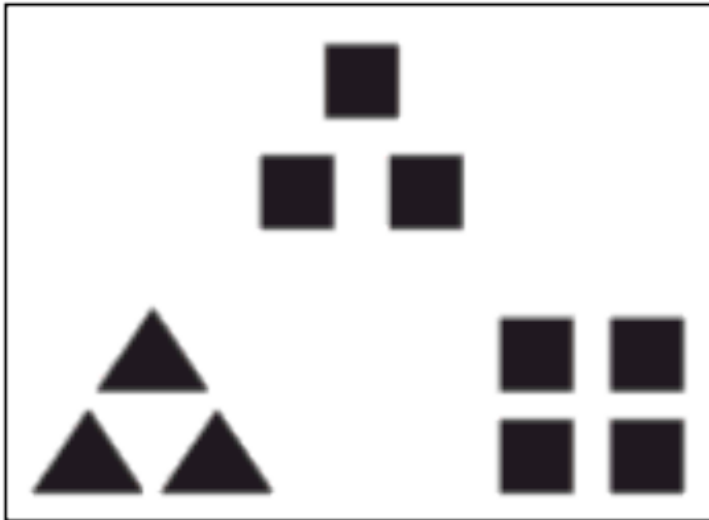
# Undeterred?

- *Where does “Persistence” come on your VIA?*
- *Are you gritty?* (Duckworth)
- *Are you Mentally Tough?* (Clough)
- *Are you intrinsically motivated?* (Deci & Ryan)
- *Do you have purpose?* (Steger, Kashdan)



# *Curious & Creative?*

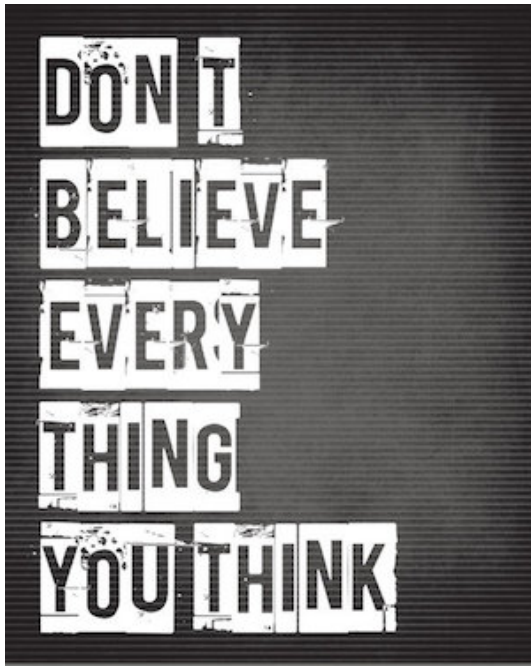
- *Where do “Creativity” & “Curiosity” come on your VIA?*
- *Do you have a mindfulness practice?*
- *What “mood boosters” do you use to boost your creativity?*





# *Agile & Audacious?*

- *Are you “psychologically flexible”? (ACT)*
- *Are you a High Hoper? Do you have multiple pathways? (Snyder)*
- *Do you set BHAGs? Do you walk the talk?*



# *Are you VUCA fit?*

*How well do you currently leverage the science of:*

- Positive Psychology
- Positive Organisational Scholarship
- Appreciative Inquiry
- Evidence-Based Coaching

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