



positive.TMTALKS

Ideas that change
how we think,
feel and behave

Why Positive Talks?

There has never been a more important time to gain a deeper understanding of human psychology, and the factors that nourish and deplete the human spirit. Fortunately, there is now a vast amount of evidence-based psychology that can make a real difference.

Robust research shows the pandemic is taking a significant toll on our psychological health. Data suggests levels of anxiety and depression have increased three-fold since the start of the pandemic. One in three people in the general population are now experiencing anxiety or depression (Salari et al, 2020). Protracted periods of stress and anxiety will have serious implications for our health, quality of life and performance at work in the long term.

Psychological health is now recognised to be the most important performance indicator at work. It exerts a powerful influence on our cognitive function (e.g. concentration, memory, decision making and creativity), energy, motivation and productivity, as well as our physical health and how we communicate and relate to colleagues, friends and family.

Organisations that recognise the importance of psychological health and effectively support their people over this period will be best placed to navigate continuing change, disruption and uncertainty.



What are Positive Talks?

Positive Talks provide relevant psychological education to audiences of all shapes and sizes. Psychological education is an evidence-based catalyst for behaviour change.

Positive Talks raise awareness, build knowledge and create a common understanding and shared language around psychological health. They challenge existing beliefs and behaviours, spark energy and discussion, and build individual and collective momentum for change.

All our talks are delivered by an experienced psychologist from Positive and are designed to be relevant, engaging and practical.



Key facts

- ✓ Virtual
- ✓ 60 mins (45 min talk, 15 mins Q&A)
- ✓ Led by an experienced psychologist
- ✓ Audiences of all shapes and sizes
- ✓ Relevant, engaging, practical

2020/21 TALK SERIES

The psychology of sleep

The relationship between sleep and psychological health is one of the most robust yet underappreciated scientific findings of the modern world. Sleep is essential to memory, learning, decision-making, emotional regulation and immune function. Since the onset of the coronavirus pandemic, global research shows that 40–50% of people have experienced a deterioration in sleep quantity and quality. In this fascinating talk, a Positive psychologist will explore the science of sleep, and what we can do to establish healthy sleep patterns.



2020/21 TALK SERIES

A resilient mind: how to manage difficult emotions, reduce anxiety and deal with uncertainty during the coronavirus pandemic

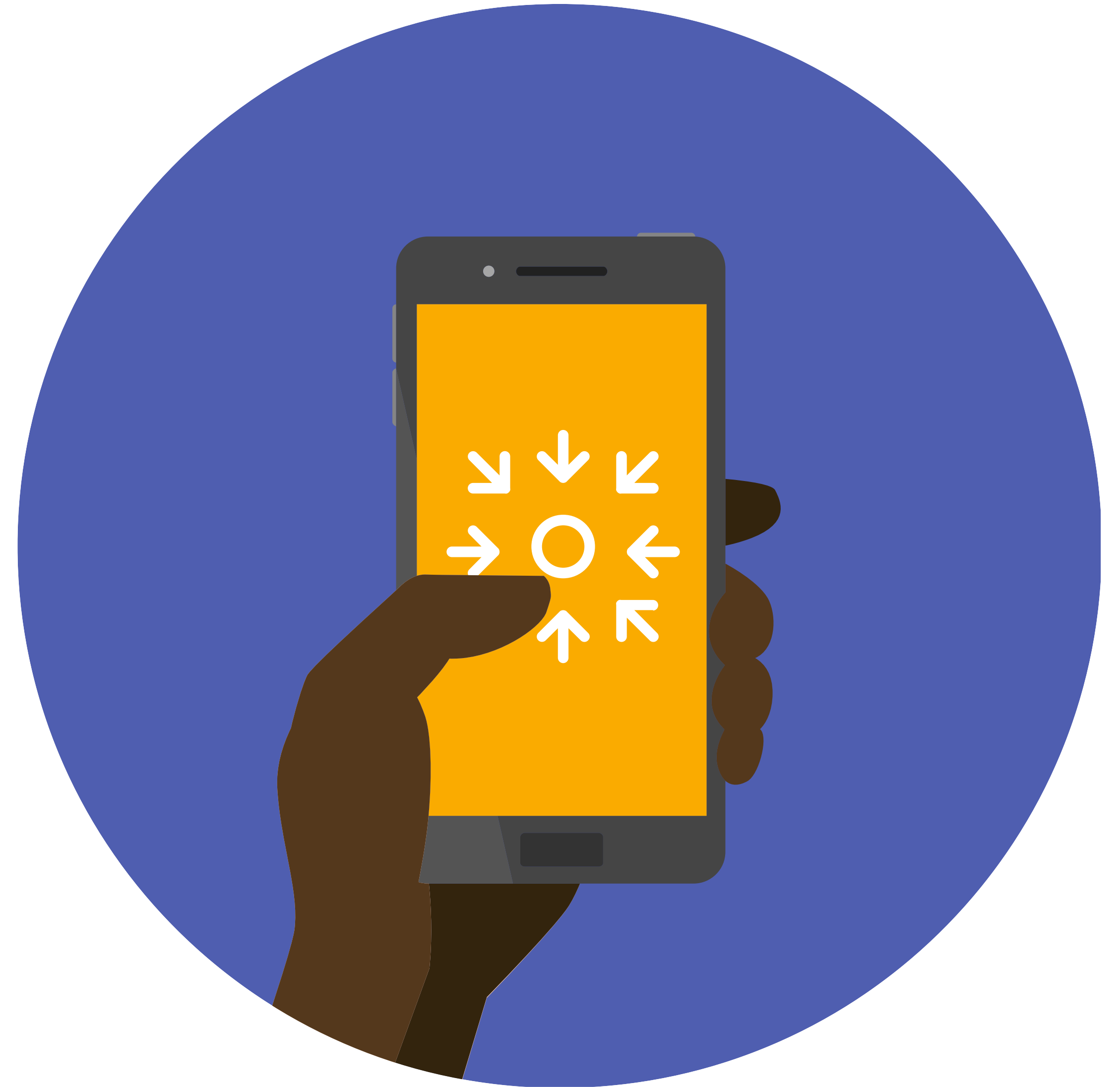
Research suggests that the prevalence of common mental health problems, such as anxiety and depression, have increased three-fold since the start of the coronavirus pandemic. Building resilience is a life skill that can enable us to manage our minds and navigate challenging times, both now and in the future. In this important and relevant talk, a Positive psychologist will explain how our brains respond to adversity and uncertainty and share practical techniques to build a more resilient mind.



2020/21 TALK SERIES

Focus in a virtual world of work

Coronavirus is changing the world of work as we've known it, with over 60% of the UK workforce now working from home. Positive's research shows that at least 1 in 4 professionals are feeling distracted or unable to concentrate on most days or every day of the week. We're struggling because of internal distractions – including worry – as well as external distractions in our vastly different working environments. Learning to manage distractions and create boundaries between our working and non-working time, are essential for productivity and psychological wellbeing. In this talk, a Positive psychologist will explore the impact of the pandemic on our ability to focus and share proven strategies to take control of our time, energy and attention.



2020/21 TALK SERIES

Social glue: building team collaboration and cohesion at a distance

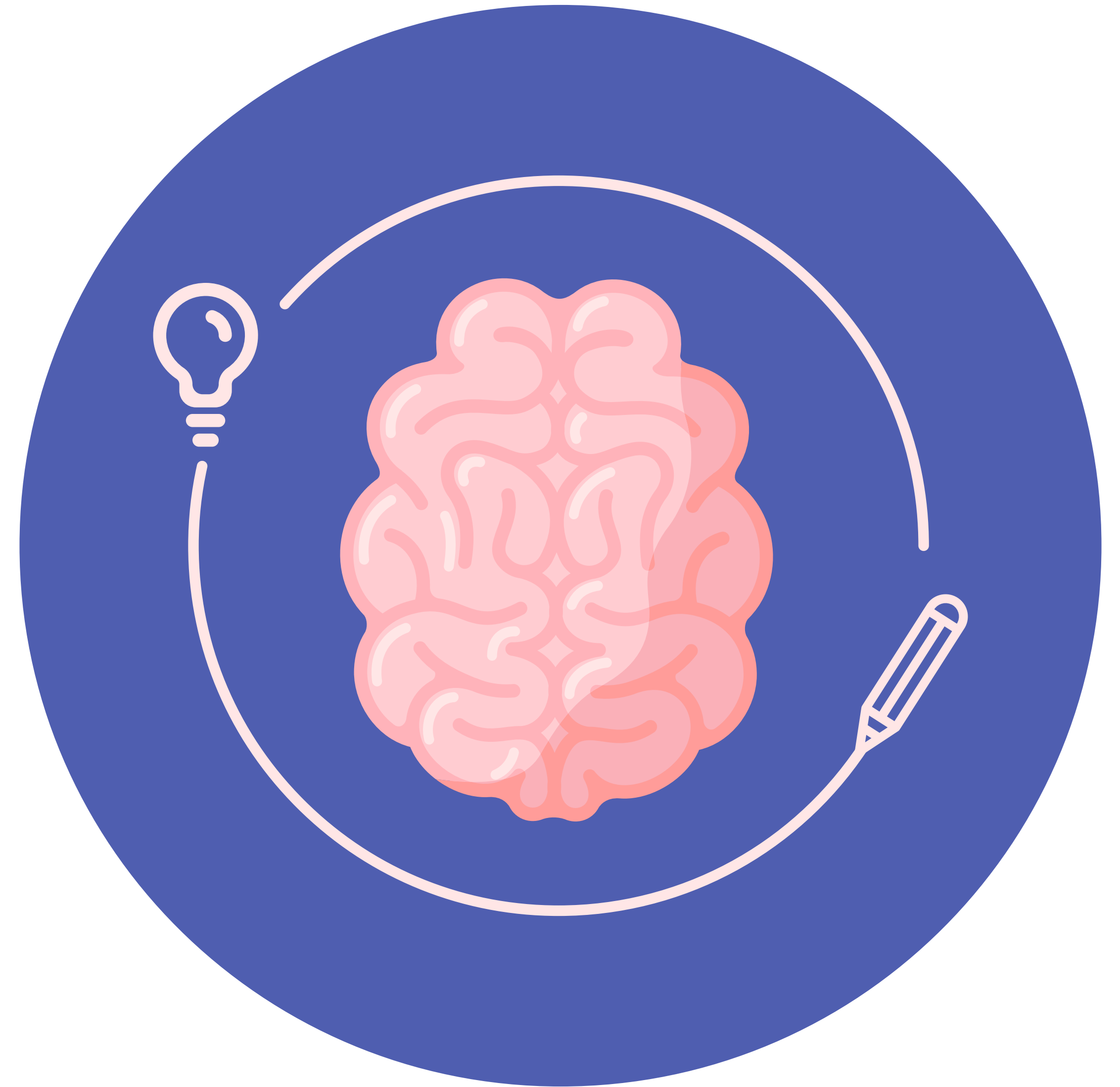
Humans are social animals, and human connection is crucial for our health and performance. The challenge for organisations is how to maintain connection – if not improve it – in a virtual working environment. Teams can emerge from the coronavirus pandemic more cohesive and effective than ever. Designed for whole teams – whatever their shape or size – this talk explores the importance of human connection to health and performance, and the impact of stress, uncertainty and physical distance on team cohesion and people's sense of belonging and inclusion. You'll come away with practical tips for yourself and the team on how to build collaboration and cohesion from a distance.



2020/21 TALK SERIES

Unlocking innovation and creativity: how to get the best from your brain

Our brains are built to be creative – to problem-solve and innovate. Whilst some are more creative than others, we all have the ability to unlock our most creative selves and that of others. We can all learn to build the conditions that foster innovation in teams, including idea flow and psychological safety. In this inspiring talk, a Positive psychologist will explore the science of creativity, and share practical ideas and techniques to help unlock our own creativity and promote innovation in our teams.



2020/21 TALK SERIES

The power of effective leadership: an antidote to coronavirus disruption and uncertainty

Leaders are powerful drivers of organisational performance and culture. Their behaviours – positive and negative – ripple through organisations, influencing how staff think, feel and behave. The coronavirus pandemic is putting many leaders under extreme pressure. Leaders that can manage their own minds and create supportive environments for their people will provide an antidote to coronavirus disruption and uncertainty. In a talk designed specifically for leaders, a Positive psychologist will examine why the role of leaders is so critical for organisational wellbeing and performance, and share practical ways leaders can promote their own psychological health – and that of their people – at this time.



2020/21 TALK SERIES

Parenting through coronavirus: practical strategies for building family resilience

Being a parent can be stressful at the best of times, but the pandemic has compounded these stressors in a number of ways. From school closures to home-working, economic pressures and lingering uncertainty, the pandemic is impacting our children, families and broader relationships. In an essential talk for all parents raising children in this pandemic, a Positive psychologist will explore the psychological effects of the pandemic on parents, children and family life, and share simple strategies to build family resilience and bring you closer during this challenging and uncertain time.





Get

positive.TMTALKS

info@positivegroup.org

+44 (0) 207 936 3454

positivegroup.org

in positivegroup-org

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