



# Positive Change - Personal and Organizational

In this session, we will embark on a journey toward positive change through three reference points that can be called "the ABC of Psychology": **A**ffect (emotion), **B**ehavior (behavior), **C**ognition (thought).

We will begin by delving into the world of emotions (Affect) — giving them space and legitimacy, learning how to cope with painful emotions, and examining how 'emotional contagion' affects decision-making, collaboration, and conflict resolution. In parallel, we will address the importance of proactively cultivating positive emotions in light of their significant contribution to promoting growth — both personal and organizational.

In the axis of thought (Cognition), we will examine the topic of focus and interpretation in our lives. The session will address the roles of focus and interpretation in shaping our life reality, in order to strengthen psychological resilience.

The final part of the session will be dedicated to behavioral aspects (Behavior) through which long-term change can be realized, providing tools for cultivating feelings of gratitude and appreciation among participants.

\*All lectures can be delivered in Hebrew, English, or Arabic.