

Positive Psychology Course

"If you have an organization full of thriving people — people who are the best version of themselves and help others become the best version of themselves - then you have a leadership organization ready to face the world of today."

— Dr. Tal Ben-Shahar

Positive Leadership Course

The Positive Leadership course invites you on a journey of personal and professional development, based on the principles of positive psychology, with the goal of providing you with practical tools for leading a thriving, resilient, and sustainable team and organization.

The course is based on Dr. Tal Ben-Shahar's SHARP management model (Strengths, Health, Achievement/Development, Relationships, and Purpose), and enables personal reflection on who you are as a manager, alongside gaining tools for optimal management.

What will we learn in the course?

- Shaping managerial identity: Identifying and leveraging your unique strengths and developing an authentic, inspiring leadership style.
- Resilience and well-being: Understanding the complex managerial reality and acquiring tools to strengthen personal and organizational resilience.
- Communication and employee motivation: Developing interpersonal communication skills that boost the team's motivation, commitment, and sense of connection.
- Leading positive change: Acquiring tools for leading change processes at the personal, team, and organizational levels, to create a healthy and meaningful work environment.



Session 1
My Leadership and Me



Session 2
Strengths-Based
Management



Session 3
On Relationships and
People



Session 4
Coping with Stress and
Burnout



Session 5
Leading with a Growth
Mindset



Session 6
Leading Positive Change

The added value for managers:

By the end of the course, you will emerge with a connection to your personal managerial qualities, along with a toolbox for management that promotes personal and organizational growth.

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

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