

# The “Three C’s” of Success: Courage, Curiosity and Creativity

## A 2-day workshop with Dr. Robert Biswas-Diener

In the current economy workers are likely to feel extra pressure to deliver bottom line results. Levels of stress in many Western, industrialized nations have risen dramatically in the past two years. Much of this anxiety can be linked to workplace stress. The science of Positive Psychology offers a unique solution to the issues of both organizational performance and individual stress. By focusing on human capital managers, coaches, educators and consultants can help transform soft skills into hard bottom-line numbers.

This workshop gives participants an introduction to the science of Positive Psychology and presents more advanced concepts related to courage, curiosity and creativity. Dr. Biswas-Diener will present new research and theory on these personal strengths that can be translated into higher workplace performance. As with all of his trainings, Dr. Biswas-Diener will focus heavily on coaching and practical applications of the material.

What participants will get out of this workshop:

- A free pass code to take the Realise2 strengths assessment (a \$25 dollar value)
- A free PDF positive psychology workbook (a \$18 dollar value)
- Specific skills related to identifying and labeling strengths
- Increased knowledge of courage, curiosity and creativity
- Coaching demonstrations and advice

### Schedule:

#### ***Day 1 - Strengths, Curiosity, and Creativity***

Introductions

An invitation to strengths

Topics include: Building a Strengths Vocabulary, Spotting Strengths and Coaching for Strengths Development

Coaching strengths demonstration

*Lunch*

Introduction to Curiosity

Topics include: Benefits of curiosity, Curiosity and anxiety tolerance, Curiosity and relationships

Managing curiosity in yourself and others

Introduction to Creativity

Topics include: The Humor Floodgate, Group Creativity, The Creativity Timelines and Models of Creativity

The costs and benefits of creativity

Coaching creativity

### ***Day 2 - the Strengths of the Realise2, and courage***

Introductions

Introduction to the Realise2 strengths assessment

Topics include: Developing your own strengths plan, Organizational uses of the Realise2

*Lunch*

Introduction to courage

Topics include: Personal versus General Courage, Courage Blindness, Risk-Taking, Controlling Fear and Activating Values.

Assessing risk-taking

Developing personal courage

Coaching courage

Conclusion

Dr. Robert Biswas-Diener is a happiness researcher, coach, and strengths consultant. He has trained thousands of professionals in 15 countries and is deeply committed to high quality education. He is known for using his humor and storytelling ability as vehicles for teaching complex topics. Robert is author of Practicing Positive Psychology Coaching (2010), The Strengths Book (2010) and Happiness: Unlocking the mysteries of psychological wealth (2008).

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#### **Praktiske oplysninger:**

**Sted:** København (oplyses senere – afventer bekræftelse fra kursusstedet)

**Tid:** Torsdag d. 17. juni og fredag d. 18. juni kl. 9.30-16.30.

**Pris:** Pr. dag kl. 2250 kr. + moms. Begge dage 4000 + moms. Der gives 10 % rabat til medlemmer af SEBC.

**Til forskel fra tidligere år er det muligt at melde sig til en af dagene eller begge dage.**

Pladserne besættes efter først til mølleprincippet. Tilmelding er bindende, når tilmeldingen er bekræftet. Hvis du bliver forhindret i at deltage, kan du overdrage pladsen til en anden.

Kurset arrangeres af Jens Boris Larsen gennem Selskab for Evidensbaseret Coaching. Tilmelding og yderligere oplysninger: [jbl@creatives.dk](mailto:jbl@creatives.dk).