

POSITIVE PSYCHOLOGY PLAYBOOK: ENHANCING POSITIVE ENERGY

Empower yourself to be POSITIVE not by denying life's difficulties, but by learning how to navigate them with clarity, strength, and self-awareness. This program blends Positive Psychology, Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), and the PERMA wellbeing model to help you reframe your thinking, manage emotional challenges, and build a mindset that thrives.

Life is not always fair. But you can learn to face it with purpose, positivity, and personal power. This is your opportunity to reset, recharge, and reimagine how you work and live. Let's begin.

WHAT WILL YOUR PEOPLE LEARN ?

- **Actionable tools** and **strategies** to develop personal resilience
- **Role-plays** on different behavioral scenarios
- Integrate **organizational values and cultural beliefs** into the training program to ensure relevance and alignment.
- **Success stories** and **real-life case studies**
- Utilize **tools** like **CBT, ACT, and Transactional Analysis** that can be applied to the workplace.
- **Observation** and **Behavior Modelling**.

METHODS OF DELIVERY

- **Actionable tools** and **strategies** to develop personal resilience
- **Role-plays** on different behavioral scenarios
- Integrate **organizational values and cultural beliefs** into the training program to ensure relevance and alignment.
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WHO WILL BENEFIT ?

Executives & above



PROGRAM DURATION

2 Days

FACILITATOR

Azman Shah Dato' Aziz

*30 years of mastery in Training & Leadership,
Certified Coach , Experienced Psychotherapist, and
International Speaker & Trainer.
Empowers individuals and organizations worldwide
with transformative insights and strategies.*

