

Coaching at Work



Coaching at Work Series of Masterclasses 2014

Coaching for Positive Leadership

Dr Ilona Boniwell

Seminar date: Thursday 13th November 2014

Venue: The BPS London Offices

Timings: 10.00am – 4.30pm



MASTERCLASS CONTENT

How can we develop effective teams, in which the commitment, the meaning and tangible results outweigh the stress? How to enable professionals to confidently deploy their strengths and their potential for innovation? How can we create an organisation that enables tangible positive development and inspires commitment in its employees?

By Positive Leadership we mean the ability to mobilise, facilitate and develop a community of exceptional performers, using individual strengths, ethics, welfare, commitment and optimism as drivers. This approach to developing personal attitudes and collective processes is informed by the latest research in psychology and organisational sciences.

MASTERCLASS OBJECTIVES

- To enable managers to develop their positive leadership skills, to release their potential and their ability to innovate themselves and their teams. This is in order to maximise work commitment, sense of well-being and operational effectiveness.
- To develop personal mastery by becoming more aware of strengths, positive emotions, foundations of motivation and commitment, and their relationships to well-being at work.
- To enable and practice the use of positive drivers to help participants' teams overcome current challenges.

THE MASTERCLASS SUBJECT

The seminar is organised around four main tensions of positive leadership, derived from empirical research. The presentation of each of the tensions will involve theoretical underpinnings, case studies offering illustrations, and tangible coaching tools enabling personal progression within each of the four tensions:

- Well-being @ work: happiness and performance.
- Emotion @ work: awareness and resilience
- Vision @ work: igniting and aligning
- Self @ work: modesty and audacity

DR ILONA BONIWELL is one of the world leaders in the field of positive psychology, who founded and headed the first Masters Degree in Applied Positive Psychology (MAPP) in Europe. She holds a post of a Senior Research Fellow at the Institute of Health and Human Development, University of East London and is a Visiting Principal Lecture at Anglia Ruskin University, UK.

Nowadays, she teaches Positive Leadership and Positive Performance at l'Ecole Centrale Paris, writes a monthly column for Psychologies (UK and Russia), and consults around the world as a director of Positran.

Ilona is passionate about practical applications of positive psychology to business, education and one-to-one helping-by-talking practices.

LOGISTICS

VENUE

The event is held at The British Psychological Society, London Offices, 30 Tabernacle Street, London, EC2A 4UE

DATE

Thursday 13th November 2014

TIME

The masterclass runs from 10.00am to 4.30pm.

FEES

£175.00 incl. VAT (for non-subscribers)

£145.00 incl. VAT (for subscribers)

BOOKING PROCEDURE

Please fill in an application form on-line at: www.coaching-at-work/masterclasses

CATERING

Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements on booking.