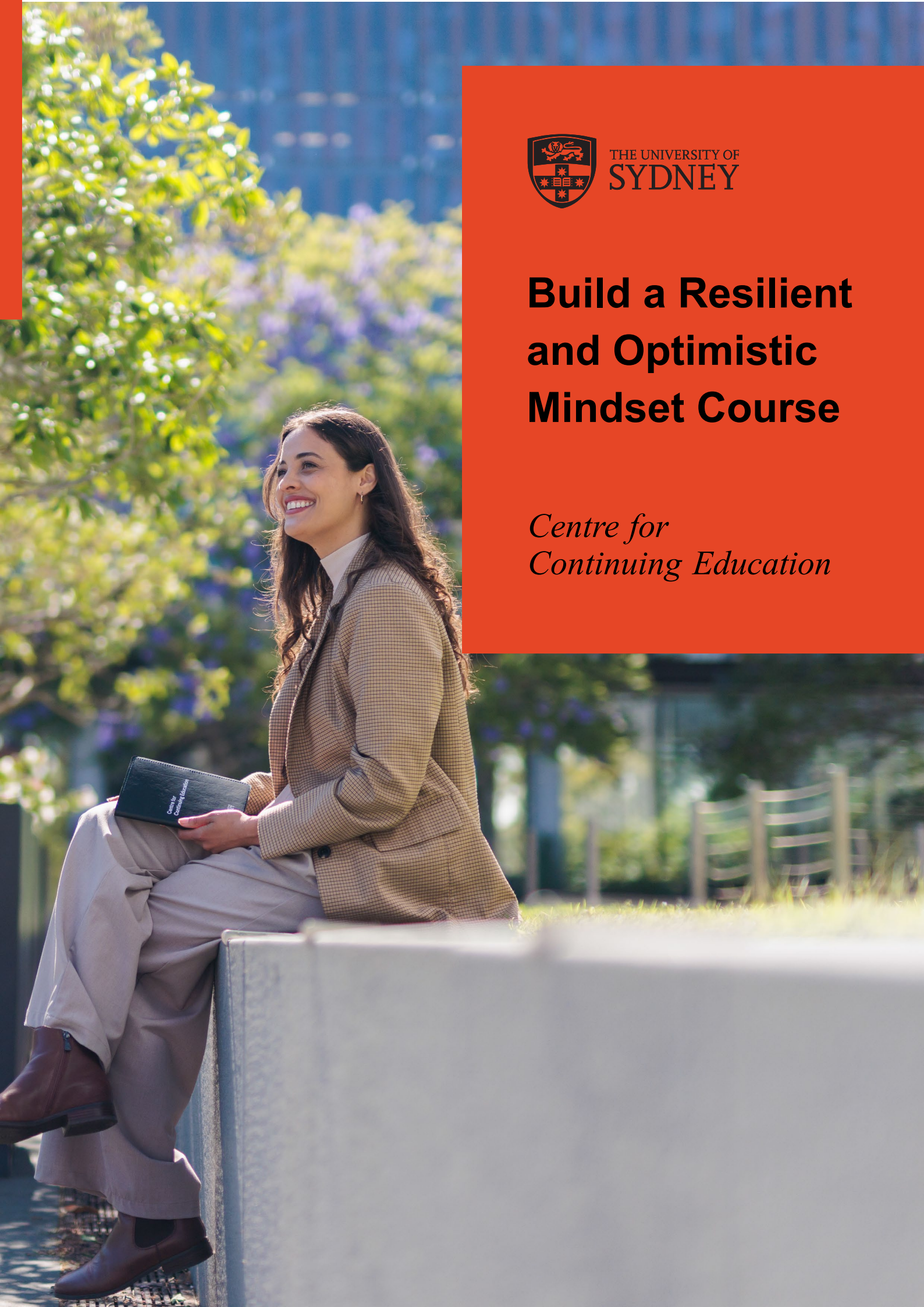




THE UNIVERSITY OF
SYDNEY

Build a Resilient and Optimistic Mindset Course

*Centre for
Continuing Education*



Build a Resilient and Optimistic Mindset Course

Mindset matters in business. People with optimistic, resilient thinking patterns build more positive solutions and flourishing organisations.

Do you feel under pressure at work? Do you need to manage change, solve tough problems or juggle multiple priorities? Then this course will get you back on track. You will hear how your 'psychological capital' impacts your mindset and learn to shift out of 'negative' thinking patterns that deplete your energy and lower your mood.

You will also learn how to dispute pessimistic thinking patterns using the learned optimism model and boost your resilience by applying solution-focused thinking tools. Finally, we will use attention management and mindfulness techniques to reduce stress and improve your wellbeing. This course will give you the ability to learn positively from challenges, negative experiences and setbacks.

Delivery Style

The workshop is a highly interactive program for people who are motivated to change. You will get the most from this positive psychology course if you are:

- willing to contribute to group discussions about your success mindset
- confident communicating verbally in small groups
- comfortable participating in role-play style activities.

You'll learn through a variety of methods including:

- mini-lectures
- video presentations
- Q & A sessions
- demonstrations by the facilitator
- practical group activities
- individual planning activities.



Course duration

1 session, 8 hours total



Time

9am - 5pm



Format

Face-to-face
or
Online in real-time



Dates

Browse available
[course dates](#)

Intended audience

This course will be of interest to professionals who are working in demanding or complex situations. Anyone who is living through change, disruption or challenging times will find the program useful. Change agents, human resource practitioners, educators, managers, leaders and supervisors may also find the program a useful introduction to techniques that can be used to boost workplace wellbeing.



Upon completion

Every participant receives a University of Sydney certificate of completion.



Aims

Through an exploration of both theory and practical techniques, this course aims to give you the tools to reliably reduce stress and optimise your wellbeing – allowing you to perform at your best professionally.



Learning outcomes

By the end of this course, you should be able to:

- explain how the scientific study of human flourishing – positive psychology – can benefit you personally and professionally
- boost your levels of hope, optimism, resilience and self-efficacy, using tools from applied psychology
- challenge the thoughts that hold you back, using Martin Seligman's learned optimism model
- adopt a resilient attitude when faced with challenges, disruptive changes or problems
- regulate your emotions using mindful attention techniques
- learn from problems and setbacks, by taking on a growth mindset and using reflective thinking tools.



Content

What is positive psychology?

Find out how building positive psychological capital will help you thrive in times of change or challenge. During this session, we will:

- explore four key elements of psychological capital: hope, self-efficacy, resilience and optimism
- discuss case studies illustrating how to boost these elements when facing challenges at work
- find out how to change your individual thinking patterns, so you can increase your 'positivity ratio' and bounce back during tough times.

Increasing your optimism levels

Is your inner voice positive, affirming and solution-focused? Or does pessimistic self-talk cause your anxiety levels to soar? In this session, you will learn to:

- think more optimistically, using proven techniques from positive psychology
- spot irrational thoughts and do something about them
- discover how hope and optimism differ from each other
- use hope theory and learned optimism techniques to build a positive view of the future.

Building your resilience

Some people seem naturally better equipped to bounce back when things go wrong. These people have resilient mindsets. What do they do differently and how can you learn to do it, too? Find out as we explore the psychology of resilience. Learn to shift out of 'learned helplessness' mode and think optimistically.

In this session, you will learn how to use scaling questions and the ABCDE model to reframe your perspective on problems and adversity.



Content contd...

Regulating your emotions

Challenges, misfortunes and unexpected change can trigger stress. Regulating your emotions can help you to reduce the negative impact of stress states.

In this session, you'll try out a range of mindfulness techniques for regulating emotions. You will also try out simple tools for focusing your attention and reducing stress. These include mindful attention, mindful photography and savouring techniques.

This is not a meditation program, but you will also learn about recent research into the benefits of mindfulness meditation.

Learning from setbacks

As you go through life, you will encounter challenges and make mistakes. The way you respond to these situations is more important than what happens. The evidence from positive psychology is very clear: responding from a growth-oriented mindset helps you learn from your experience. People with this mindset reflect on their experiences – good and bad – and use them to learn.

In this session, you will discover how to use a three-step reflective thinking process to adopt a growth mindset and learn from setbacks. Learn what a growth mindset is and how to adopt it.

Planning your next steps

In this session we will:

- create a personal plan for addressing your current challenges or stressors
- get tips on accessing support, resources and advice to help you remain positive and solution-oriented in the future
- participate in a Q and A session.



“Everything taught and learnt today was presented in a way that made sense and clicked. I am so grateful to be able to have taken this course and learnt this. Its deliverable information can be used in all areas of my life and that’s my intention. It was a good setting with a wonderful speaker.”

Sherina Terza



Organisational training and development

This course can be delivered as a private session for groups, and tailored to meet the needs of your business. Contact us to discuss our range of organisational training solutions.

[Learn more](#)



THE UNIVERSITY OF
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We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.

Empower ambition,
inspire leadership

For more information

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