The Happiness Edge: Applying Positive Psychology in the Workplace

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Tuesday, June 30, 2020, 9 AM – 4 PM PDT

Valid for CE until August 1, 2022

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 1, 2022

Interactive Webcast
Tuesday, June 30, 2020, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the webcast.

On-Demand Webcast
Sunday, July 5, 2020 – Wednesday, August 5, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Sunday, July 5, 2020, through Wednesday, August 5, 2020. The program plus in-class exercises will be available in four convenient segments.

Home Study Recordings
Valid for CE until August 1, 2022

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For more information, please visit www.ibpceu.com or call 24/7 Customer Service: (888) 202-2938.
Introduction: How Positive Psychology Can Increase Work-Related Happiness

- How The Happiness Habit Can Be Acquired: learning to apply key principles of positive psychology.
- How Happiness Fuels Success, Not the Other Way Around: how consciously and deliberately increasing our well-being produces success; how happier people perform better at work, enjoy their jobs more, and can have a higher income.
- The Upward Spiral: how increased positive emotions support creativity, stress resilience, and improved health and work-related outcomes.

Fostering Appreciation

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- The Impact of Gratitude: how gratitude impacts our health, psychological well-being, relationships, and the brain.
- The Gratitude Habit: practical tools, practices and strategies to foster gratitude at the individual and organizational level.

The Kindness Edge

“If you want to be happy, practice compassion.”

- The Power of Kindness and Compassion: how it positively impacts health, psychological well-being and productivity, increases interpersonal bonds at work and makes for a healthier workplace.
- Overcoming the Pathology of Perfectionism: the transformative power of self-compassion as an antidote for rampant self-criticism.
- Developing the Kindness Habit: practical tools, practices, and strategies to foster kindness to others and self compassion at the individual and organizational level.

The Mindful Present Enhances How We Imagine the Future

“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are.”

- The Importance of Being Present: how mindfulness impacts our health, psychological well-being, and relationships.
- Practicing the Mindfulness Habit: practical tools, practices, and strategies to experience present-centered awareness in individuals and in organizations.

Developing Realistic Optimism

“Happiness depends on not only how we imagine the past and experience the moment, but how we imagine the future.”

- The Impact of Optimism: how it affects health, psychological well-being, and relationships.
- The Optimistic Brain: how optimism training can alter the left prefrontal cortex and orbitofrontal cortex.
- The Optimism Habit: acquired optimism, practical tools, practices and strategies to improve the well-being of individuals and employees.

Fostering Interpersonal Connections

- The Impact of Interpersonal Connections: how health serves as a foundational element of psychological well-being.
- Healthy Mind is a Healthy Body: the impact of sleep, exercise, and nutrition on mental health, physical health and optimal brain functioning.
- Health as a Habit: practical tools, practices to foster health and wellness at both an individual and organizational level.

Prioritizing Health and Wellness

- A Healthy Mind is a Healthy Body: how to prioritize mental fitness by focusing on physical fitness and conscientious eating habits that enhance neurocognitive functioning.
- Health and Wellness Programs At Work: how to optimize your health to help harness the core strengths, resourcefulness and creativity of your employees.
- Developing Health-Related Habits: practical tools, practices and strategies to foster wellness at both the individual and organizational level.

ABOUT THE INSTRUCTOR

Jonah Paquette, Psy.D., is Director of Clinical Training in the Department of Psychiatry at Kaiser Permanente, Vallejo, California. Dr. Paquette, an expert in applying positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. He provides consultation to schools and organizations on happiness-enhancing interventions. Dr. Paquette is the author of a research-based book entitled, “Real Happiness: Proven Paths for Contentment, Peace and Well-being.”

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette’s presentations for his ability to communicate practical strategies in ways that can lead to meaningful change.