

# Individual and Team Flourishing



GROWTH AREA	Mindset	Thriving Amidst Uncertainty	Strengths-Based Leadership	Relationships
DESCRIPTION	Do you view the current situation as a set of challenges you can overcome or as threats to your happiness? Your mindset about the future and your way of explaining past events affect your confidence.	Hereditary factors play a relatively small role in our ability to rebound from adversity. The most powerful resilience skills are learnable and should be viewed as “Ordinary Magic.”	Research shows that when we align our thoughts and actions with our personal character strengths, our well-being improves. Quite simply, we are more inclined to flourish when we lead with our unique virtues.	Trust-based relationships are essential to our professional success; however building trust requires effort. Learn how to develop strong relationships in any environment—even a virtual one.
LEARNING OBJECTIVES	<ul style="list-style-type: none"> <li>• Shift negative or unproductive thought patterns to become more positive and productive.</li> <li>• Notice opportunities for learning and growth in each difficulty.</li> <li>• Learn to control your thought-action repertoire to develop positive habits.</li> </ul>	<ul style="list-style-type: none"> <li>• Dispel outdated myths about resilience and learn scientifically proven truths.</li> <li>• Understand all six resilience resources.</li> <li>• Learn to improve your self-awareness and self-regulation so that you can thrive in any environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify your own character strengths with a scientifically validated survey.</li> <li>• Learn to use your strengths in your professional and personal life.</li> <li>• Understand how applying your signature strengths is intrinsically rewarding.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice positive communication techniques that invite others to be their best selves.</li> <li>• Foster high quality connections, the gold standard for collaboration.</li> <li>• Validate others through active-constructive responding.</li> </ul>

