

## March Events

**Dunedin:** Wednesday 12 March  
Otago Museum

**Christchurch:** Thursday 13 March  
Holiday Inn City Centre

**Auckland:** Tuesday 18 March Bruce  
Mason Centre North Shore

**Wellington:** Wednesday 19 March  
James Cook Hotel

Lunch session 12 noon - 2.00pm

Workshop 2.15pm - 4.30pm



## Positive Psychology- Getting the most out of people

New technology is an important enabler, but the real driver in business is relationships. Relating to colleagues and customers in a meaningful way leads to better business and improved productivity.

Award winning speaker Pat Armitstead uses Positive Psychology, pioneered by Dr Martin Seligman, to show how get the most out of people at all levels of leadership, management, customer service and sales.



**Pat Armitstead –Joyologist**

Pat Armitstead, New Zealand's leader in the Science of Positive Psychology and Humour in the Workplace, has a CV that's not to be laughed at! Included in her gigliography are some ground breaking achievements, testimony to her ability to successfully combine her business acumen, creativity, and wit.

She says we can transform pessimism to optimism through the development of high trust workplace environments where people perform to optimum having fun doing what it is that they love.

*"Pat commits the cardinal management sin of spreading joy and making people smile. If her practices become widely adopted, going to work will become fun, and people will enjoy the experience."*  
**John Bishop**

### 12.40pm Lunch Session – Pat Armitstead *How to energise yourself and your workplace*

Do you start work at 9am sharp and end at 5pm dull? A 2005 survey of over 38,000 people in over 200 countries revealed they had issues achieving work life balance and sustaining productivity levels. <sup>1</sup>

In this high energy lunch session Pat Armitstead will outline how to:-

- *Boost your energy and lift your mental state*
- *Be more optimistic in the face of challenges*
- *Help create a fun, happy and productive workplace*
- *Identify your own and your team's signature strengths*
- *Harness these strengths to be more effective*
- *Use your emotional intelligence to contribute with vigour*
- *Enhance creativity, innovation and decision making*

<sup>1</sup> Walsh Redmond, March 15 2005

### 2.15pm Workshop (Separately booked) *How to build a high energy team environment*

High energy workplaces brim with passion and deep commitment as well as good humour and fun. Work teams with a strong sense of trust, identity, clear direction, and meaningful purpose generate a high degree of energy and productivity. A work environment that doesn't ring true or offer meaningful work drains energy.

In this interactive and practical workshop Pat Armitstead will show you how you can help create a high trust/high energy team environment via these concepts:

- *Humour and fun*
- *Integrity and trust*
- *Multiple intelligences*
- *Signature strengths*
- *The virtues project*
- *Learned optimism*

**Takeaways:** You will leave with a 90 day implementation plan and reference notes to support workplace application.

## Registration Form: March 2008 Events



## Positive Psychology

Fax form to: 03 366 7807

### Choose Venue:

- Dunedin:** Wednesday 12 March, Otago Museum
- Christchurch:** Thursday 13 March, Holiday Inn City Centre
- Auckland:** Tuesday 18 March, Bruce Mason Centre, North Shore
- Wellington:** Wednesday 19 March, James Cook Hotel

### Registration Options:

**Lunch Presentation** (12noon - 2.00pm): *How to energise yourself and your workplace*

Please reserve \_\_\_\_\_ lunch event ticket(s) @ \$99 + GST pp.

- Register by 20 February and receive a 10% early bird discount - \$89.00 + GST pp.

Please reserve \_\_\_\_\_ table(s) of 8 for lunch event @ \$620.00 + GST per table

- Register by 20 February and receive a 10% early bird discount - \$560.00 + GST per table.

**Workshop** (2.15pm - 4.30pm): *How to build a high energy team environment*

Please reserve \_\_\_\_\_ workshop ticket(s) @ \$185 + GST pp.

- Register by 20 February and receive a 10% early bird discount - \$166.50 + GST pp.

### Attendee Details:

Name \_\_\_\_\_ Title \_\_\_\_\_

Company / Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Fax \_\_\_\_\_

Additional Attendees: (please supply name, company and email)

\_\_\_\_\_

### Payment Details:

1.  Please supply our accounts department with the necessary details for a direct credit
2.  Invoice me (please ensure you have filled out all company details)
3.  Cheque enclosed/ following (payable to Lyall Lukey Resources)
4. Please charge my  VISA  MasterCard  Bankcard

Card # \_\_\_\_\_ Expiry \_\_\_\_\_ Amount \$ \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_

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