

Positive Psychology

A few sample slides!

Part of the presentation we get into
some psychology data and talk about a
few famous studies

Positive Psychology

Only 25 percent of job successes are predicted by I.Q.

75 percent of job successes are predicted by your optimism levels, your social support and your ability to see stress as a challenge instead of as a threat.

Positive Psychology

Most companies and schools follow a formula for success, which is this:

If I work harder, I'll be more successful. And if I'm more successful, then I'll be happier.

That undergirds most of our parenting styles, our managing styles, the way that we motivate our behavior.

Positive Psychology

This formula is the opposite to what positive psychologists have found...

Happiness should come first