



The Optentia Research Unit invites you
to a workshop by Prof. Llewellyn van Zyl



Positive Psychological Intervention Design: A Practical Guide to Developing Impactful Interventions



29 February 2024
08:30 – 16:00 (SAST)



North-West University,
Vanderbijlpark,
Building A13, Room 13



Prof. Llewellyn van Zyl



Notes:

1. Registration closes: 13 February 2024 @ 12:00 (no late registrations can be accepted)
2. Cost: R250 per person
3. Pre-Work: After registration, you will get an email with instructions to complete the VIA strengths assessment and a series of self-development activities.
4. Register at Lynn Booysen (lynn.booysen@nwu.ac.za)



Have you ever dreamt of crafting powerful, positive psychological interventions to help your clients flourish but are unsure where to begin? Have previous attempts at designing mental health or wellbeing interventions failed to produce the results you were anticipating? Or are you simply eager to broaden your positive psychology skill set and yearning to add a few new practical intervention tools to your toolbox? Well, seize the opportunity to join Optentia for a transformative workshop on Positive Psychological Intervention Design!

What Are Positive Psychological Interventions?

Positive Psychological Interventions (PPIs) are the keys to unlocking personal and professional development, enhancing sustainable well-being and optimizing an individual's unique signature strengths. These interventions draw from positive psychology principles and theories to help people develop more positive everyday experiences, figure out their unique signature strengths and how to leverage them, and action behaviours which lead to happier and healthier lives. PPIs come in all shapes and sizes, ranging from self-development activities (like the virtual gratitude visit), group-based development interventions (like the strengths-atom or happiness training), and strengths-based coaching (like positive psychological coaching) to organisational-level interventions (like implementing HeRo policies). These PPIs promise a multitude of benefits for individuals (e.g. well-being), teams (e.g. improved collaboration and team flow), and organizations (e.g. increased innovative behaviours and financial performance). Yet, in practice, these interventions don't seem to 'work' and rarely deliver on their promises!



Curious why PPIs fall short in practice despite being scientifically validated?

A magnitude of new research has shown that these PPIs rarely yield functional returns when implemented in practice. They fail to produce sustainable changes in individual functioning, group well-being and organisational effectiveness. But why do PPIs fail when implemented in practice if they 'work' in academic literature? Well, it's largely because of poor intervention design, poor implementation, and poor evaluation methods. So, join us to unravel the mysteries behind poor intervention methods and design, and to figure out how to develop PPIs that produces sustainable changes in well-being!

Objectives of this Workshop

The overall purpose of this workshop is to help you design more impactful positive psychological interventions that will lead to sustainable improvements in your clients' physical, and psychological health. After this workshop you will be able to:

- Critically evaluate contemporary approaches to positive psychological interventions.
- Understand the importance of effective intervention design, methods, and content.
- Apply best-practice guidelines for developing and evaluating positive psychological interventions.
- Harness strategies like self-administered intentional activities, group-based development interventions, and individual coaching.
- Craft your own self-administered intentional positive psychological intervention.

What to Expect from this Workshop

We firmly believe that learning takes place through 'doing'. So, in this workshop, you will:

- Complete a series of psychometric assessments to help you identify your strengths
- Get exposure to a number of different types of positive psychological interventions ranging from self-development activities and group-based interventions to positive coaching
- Engage in a phenomenon-based approach to grasp the best practices in developing, implementing, and evaluating PPIs.
- Dive into experiential learning with adult-focused methodologies, ensuring practical insights are easily transferred into real-world learnings.
- Active participation is key! Gear up to practice skills, design interventions, and explore "real-life" PPIs.

Logistical Details and Registration

Any questions regarding the content of the workshop can be directed towards
Llewellyn van Zyl @ llewellyn101@gmail.com

Embark on a journey to design impactful positive psychological interventions that make a difference! Reserve your spot now for two days of inspiration and practical knowledge.

See you there!