

## Flourishing at work

### Optimising Employee Wellbeing and Resiliency

Traditional approaches to mental health have focused on the identification and treatment of illness. The relatively new field of positive psychology however has a goal of helping individuals and organisations to flourish. Flourishing denotes a high level of mental wellbeing characterised by positive emotions, high levels of engagement, positive relationships, a strong sense of purpose, and feeling accomplished. This transformative psychological approach offers many scientifically validated techniques to not only remain resilient and prevent mental illness, but to also achieve optimal wellbeing. This has numerous benefits for individuals as well as the organisations that employ them.

Key learning outcomes from the session include:

- Understand the difference between traditional psychology versus positive psychology.
- Learn about the flourishing model of wellbeing.
- Discover various positive psychology methods to improve mental wellbeing at work - and at home.

The session will enable participants to learn about the science of flourishing and come away with many practical, evidence based strategies to help promote wellbeing in the workplace and beyond.

#### Session Details

**Date:**

Thursday 10 November 2016

**Location:**

The Grace Hotel  
 77 York St,  
 Sydney

**Session Time:**

8:45am arrival for 9am start.  
 Session will conclude at 11:30am.

Attendance at the Forum is complimentary and will include light refreshments.

**Please RSVP to:**

Tom Hatch on  
 03 8632 9952 or email  
[thatch@dfp.com.au](mailto:thatch@dfp.com.au)

**by Thursday 3 November  
 2016**

**[dfp.com.au](http://dfp.com.au)**



#### The Facilitator

Jason van Schie is the Managing Director of People Diagnostix. He holds a Masters of Applied Psychology (Occupational), and has been working as a registered psychologist in Australia since 2005. Consulting to organisations on wellbeing topics including mental health for approximately 10 years, Jason is primarily a practitioner, however he is also the driver of world leading research in the field of positive psychology with researchers at Murdoch University in Perth. Jason is also an Independent Director on the board of Australia's Sleep Health Foundation where he assists the national charity in its aim to increase community awareness of the importance of sleep for both physical and mental health.