

gali**bar**hava.com

Building your
psychological muscle through

Using your Signature Strengths

DR. GALI/**BAR**HAVA/



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Galia's mission is to help individuals and organisations strive for, and achieve vitality.

Psychologist by training, Galia's professional experience includes consulting, senior executive and governance roles, executive coaching and founding a social change organisation. She is passionate about mindfully using the best available evidence to drive positive change in society at large.

Galia intimately understands the challenge of living a life full of vitality and wellbeing in today's world. Against the odds, she was successfully treated with a combination of chemotherapy and a human-centered approach for a rare, and potentially lethal autoimmune disease. This life-changing experience has led her to complete an award winning PhD on the experiences of people treated in human-centered therapies for chronic conditions.

Galia's thinking is shaped by her personal and professional experiences. Her professional offering is focused on the key components she views as necessary to achieve vitality across all of life's dimensions.

This series of introductory talks and workshops, brings together her extensive experience in solving complex problems for individuals and organisations, her expertise in designing and facilitating impactful workshops, and her ability to crisply articulate the 'so what' from contemporary scientific research. Each is a stand-alone offering to allow organisations to choose what is most relevant to them.

Get your team to focus on key components viewed as necessary to achieve vitality across all of life's dimensions.

Building your psychological muscle through using your Signature Strengths

Most people are aware of Positive Psychology, but few realise that what we know about ‘flow’, the ‘growth mindset’, and other popular positive psychology topics is all built on the foundation of extensive research into Signature Strengths.

This is THE authoritative classification and measurement system of human strengths.

In this introductory talk, Dr Galia Barhava-Monteith will give a brief introduction to the science of Signature Strengths, and outline how they are different from talents and traits because they are all things we can control and work on. She will focus on the most effective strategies for developing them based on international research, and her own experience working with hundreds of clients, both one-to-one and in workshops.

Details

Playing to your strengths workshop (for up to 12 people)

Highly interactive workshop designed for teams that want to build a way of working around their respective strengths.

In contemporary workplaces where ‘agile’ ways of working are the norm, learning to work with Signature Strengths is especially powerful as they offer a common language across different teams, and a way to quickly form effective and positive working environments.

This highly interactive workshop is designed for teams that want to build a way of working around their respective strengths. This workshop can be tailored to different work environments.

Participants will:

- Learn what their Signature Strengths are;
- Develop a personalised plan to use them in their professional and personal lives;
- Develop a strategy to activate their colleagues and team members’ Signature Strengths.

There is an optional one-to-one deep debrief for participants following the workshop.

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