

Positive

TEACHER NETWORK

**The Power of
Positive Psychology**

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Positive Psychology

RESILIENCE.

This, too,
shall pass.





Discussion points

1. Using our strengths more
2. Integrating into the classroom

BUILDING *Confidence*

with

STRENGTHS
TRAINING



CHARACTER STRENGTHS

Creativity

Curiosity

Judgment

Love of Learning

Perspective

Bravery

Perseverance

Honesty

Kindness

Social Intelligence

Teamwork

Fairness

Leadership

Forgiveness

Humility

Prudence

Zest

Love

Hope

Humor

Spirituality

Self-Regulation

Gratitude

*Appreciation of Beauty
and Excellence*



Signature Strengths

1. JUDGEMENT
2. LOVE
3. HONESTY
4. SELF REGULATION
5. BRAVERY

How could you use them more?



Strengths Interventions

- Use your strengths
- Develop new strengths
- Appreciate other people's strengths



Some Research

- **Increased Happiness & Decreased Depression** (Proyer et al., 2014a)
- **Increased Relationship Satisfaction** (Lavy, Littman-Ovadia, & Bareli, 2014)
- **Increased Self Esteem and Employment rate** (Littman-Ovadia, Lazar-Butbul, & Benjamin, 2014).
- **Increased Life Satisfaction** (Duan, Ho, Tang, Li, & Zhang, 2013).

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Wellbeing and Resilience Training
and Support for Teachers