



The 7 Steps to Ignite Flourishing in Leaders, Teams and Organizations: A Positivity Pulse Action Guide

Alletta Bayer, Sherry Blair

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Whether you are looking for just a little more positive energy, happiness and good will in your workplace relationships or your whole team or organization is in dire need of positive transformation, this game-changing, hands-on workbook is for you. Revealing rigorous research supporting the business and personal benefits of increasing positivity in the workplace, Bayer and Blair are on a mission to motivate and empower you with a precise set of tools to reach beyond well-being all the way to flourishing. Based on teachings from modern leadership theories, change management and positive psychological research, The 7 Steps to Ignite Flourishing in Leaders, Teams and Organizations gives you the simple tools to apply these breakthrough teachings to your own life as well as the individuals on your teams. As you increase your own well-being you can simultaneously improve relations, get employees in full policy compliance, increase positivity and create a workplace where employees will feel valued, engaged, and want to give their best at work. Designed in 7 Steps for 7 Weeks, 7 minutes a day, the Worksheets, Action Steps, and Assessments will help you incorporate your new skills into your daily life and guide you toward flourishing. The 7 Steps to Ignite Flourishing in Leaders, Teams and Organizations is the companion Action Guide for Dr. Blair and Block's 5 Star rated The Positivity Pulse: Transforming Your Workplace.

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