

ThriveMaster

CULTIVATING EXCELLENCE AND WELL-BEING IN 5 TRANSFORMATIVE STEPS

Empower your leadership success and organisational culture with Positive Psychology: In today's fast-paced business world, thriving and leading effectively are not just goals; they're necessities. Positive psychology holds the key to unlocking your full potential and your teams potential.

Join us for ThriveMaster, a game-changing interactive and immersive one-day master class, designed by Hacia Atherton. Discover how positive psychology principles can reshape your workplace, enhance leadership skills, and foster a culture of well-being and success. Don't miss this opportunity to invest in your personal and professional growth, because in a competitive world, thriving is not just an option – it's the path to success.

Elevate your leadership, enhance team dynamics, and drive innovation with ThriveMaster.

Key Learnings

1. Learn how Self-Determination Theory can be applied to leadership to foster autonomy, competence, and relatedness within your team.
2. Discover how to enhance team dynamics, reduce conflict, and foster a culture of open communication and mutual respect..
3. Gain the skills to create an environment where all team members can contribute effectively and thrive, increasing productivity and employee satisfaction

THRIVE IN

5



Thrive in 5: Unlock your remarkable potential - Journey through the 5 Stages of the ThriveMaster class, exploring Self-Determination Theory, Ladder of Inference, Perception and Bias, PERMA Culture, and Psychological Safety.

1

Self-Determination Theory

Empowers you understand our basic psychological needs as humans and build a sense of belonging within your team.

2



Ladder of Inference

Your tool to climb beyond assumptions, helping you make clearer decisions and understand your team with greater depth.

3

Perception Unveiled

Unraveling the complexities of how we interpret information and uncovering strategies to foster objectivity, clarity and inclusivity with teams.

4

PERMA Culture

Explore the foundation of positive psychology, delving into the five essential elements of well-being and their profound impact on personal and professional success.

5

Psychological Safety

Discover how to create a supportive environment where individuals can freely express themselves, fostering a culture of trust and open communication.



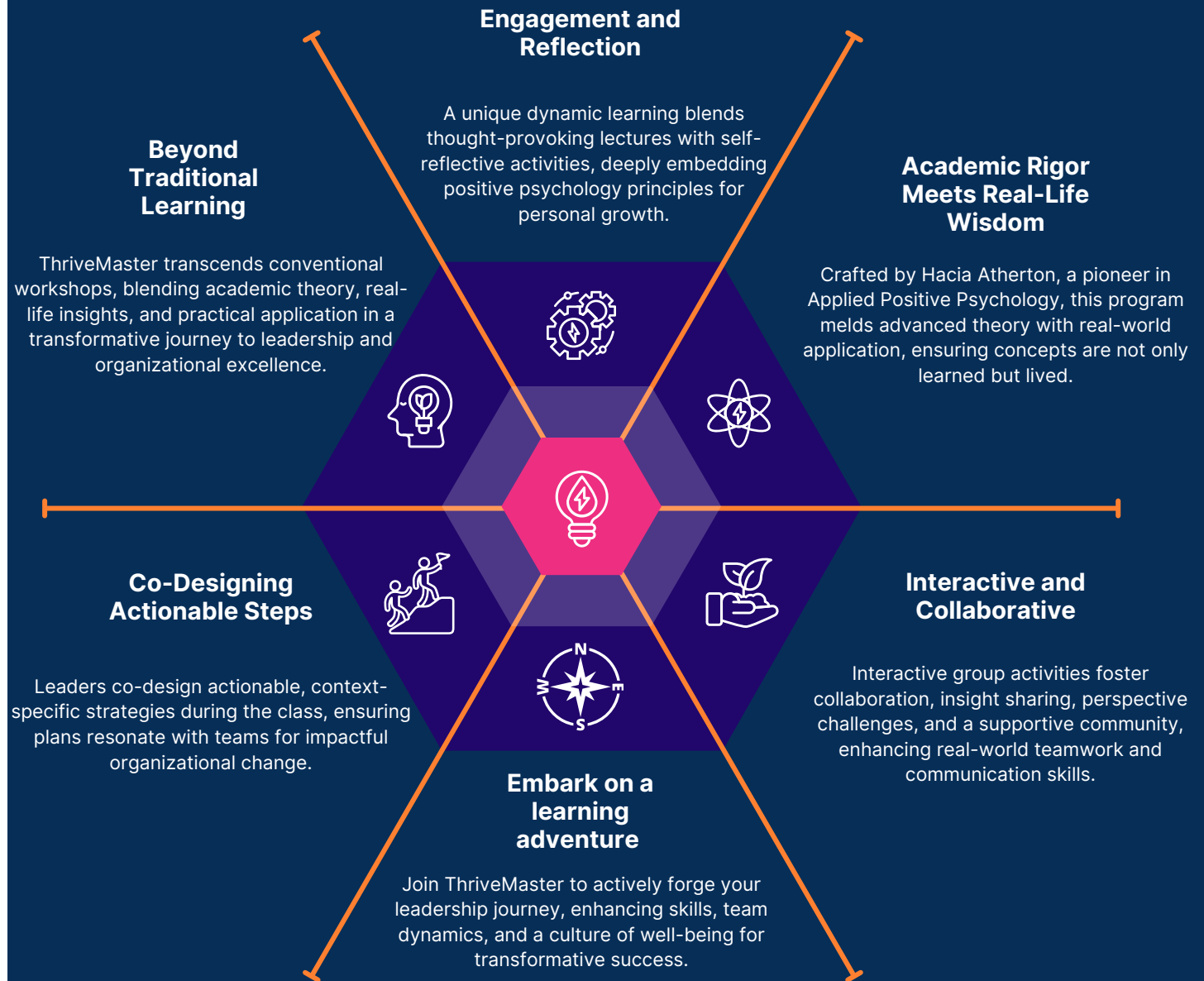


Delivery

A Transformative Learning Experience

Embark on a learning adventure where you don't just passively absorb information but actively shape your path to leadership excellence.

Whether you're looking to enhance your leadership skills, improve team dynamics, or foster a culture of well-being and success, **ThriveMaster** is the catalyst for transformation you've been seeking.



Hacia Atherton

The Thrive Master is designed and delivered by, Hacia Atherton who is a seasoned expert in positive psychology, holding a Master's degree in Applied Positive Psychology from The University of Melbourne. Her journey into the transformative power of positive psychology was forged through personal experience when she faced a life-threatening horse riding accident. Doctors conveyed the grim prognosis that she might never walk again in any meaningful way. However, fueled by her unyielding determination and armed with the principles of positive psychology, Hacia defied the odds. Not only did she learn to walk again, but she went on to accomplish the incredible feat of running a half marathon, showcasing the incredible power of resilience and positive thinking.

As an internationally renowned keynote speaker, Hacia has graced prestigious stages alongside luminaries such as Tommy Hilfiger, JT Foxx, Elizabeth Hurley, Derik Fay and Jeremy Piven. Her work has also lead to her speaking in New York for the UN 68th Commission on the Staus of Women. Hacia's ability to inspire and empower people is unmatched, and her passion for spreading the message of positivity and resilience within the workplace knows no bounds.

With a wealth of knowledge and real-world experience, Hacia is dedicated to helping individuals and organisations unlock their full potential. Her insights have reshaped workplaces, enhanced leadership skills, and fostered cultures of well-being and success.

Join Hacia for ThriveMaster, a groundbreaking one-day master class that will elevate your leadership, enhance team dynamics, and drive innovation. In today's competitive business world, thriving is not just an option – it's the path to success. Don't miss the opportunity to invest in your personal and professional growth with Hacia Atherton.

Hacia is a gifted speaker, connecting with people immediately (and via a screen!) at such an authentic, human level, you both laugh and cry! Importantly she left our group today inspired to take action, to be themselves, to redefine what success means for them, to share their vulnerable wonderful selves and become extra awesome! It all start with you. Thank you Hacia for sharing your story, your learnings, and for living your legacy!

-Stephannie J.



"I am excited to unlock the potential within you and your team. Let's thrive through the power of positive psychology together!"
-Hacia

Hacia with JT Foxx, Florida USA 2023



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