



# Positive Leadership

## Workshop Overview



An opportunity to step back from daily routines to reflect upon yourself and how you interact with those around you

Want to find or work further with your ‘WHY’ and purpose? Want to better understand your personal talents and signature strengths? Want to reflect on your leadership style and be inspired? Come and join us at a unique place in a magical setting, the UPEACE Campus. Experience connection, co-creation, learning and global networking with an international team facilitators and fellow-participants.

This seminar focuses on a human paradigm of leadership – the ability to connect with people you work with, to see how things look from their perspective, to engage and motivate them appealing to their strengths and passions. The vision of the leader today is that of the “positive” leader who is able to unleash the potential of each individual in the organization.



*“This course is not a course in and of itself; it’s a life experience and a new way to view yourself and the people around you.” – Victoria Aguilar*


## Who Should Take This Course?

- Leaders at all levels, from independent consultants to directors
- HR professionals, NGO leaders, business managers
- Anyone going through a change in life or considering a new career
- Professionals looking to be inspired and revitalized in their purpose

## Workshop Objectives

### By the end of the workshop, you will have:

1. Practiced strategies to cultivate appreciation, empathy and positivity.
2. Practiced the leadership tools of appreciative inquiry and the use of dialogue circles.
3. Identified major sources of work-life balance conflict that apply to you.
4. Applied conflict transformation theories in a role-play scenario.
5. Received feedback on your strengths, positivity ratio and resilience.



*“The Positive Leadership course focuses on aspects that any person can apply, both in their professional life as well as their personal/family life. It is an invitation to reflect on how we have done things, and stop to take a breath, to then continue on in life with more strength.”*

– Marcelo Arroyo



## Topics

### Overview of Positive Leadership

- Participant Introductions
- Warm-up Activity and Debrief
- Reflecting on leadership and well-being

### Relationships and Meaning

- Flow and Character Strengths
- Finding Your Hedgehog
- Understanding your Conflict Style

### Your Story as a Positive Leader

- Developing Your Sentence
- Empathy – Theory and Practice
- Reframing Failure

### Focusing on Strengths

- Overview of Appreciative Inquiry
- Introduction to Design Thinking
- Looking at Purpose: Simon Sinek

### Circles as a Leadership Tool

- Restorative Justice and Circles
- Formulating Questions for Circles
- Practicing with Real Cases

### Putting it Together

- Managing Energy, Not Time
- Core Values
- Closing – Your Leadership Plan

## Hotels

Participants set up their own hotels near UPEACE. We'll block off some rooms and can make recommendations, such as:

- Hotel Villa Colon
- Hotel Posada Canal Grande

## Schedule

- 9 am – 4:15 pm daily
- Optional happy hour on the last day

## Transportation

UPEACE buses run from nearby Ciudad Colon to the UPEACE campus. As the course approaches, we will be in touch with specific schedules.

## Add-on Travel

UPEACE is conveniently located in San Jose, about an hour from the Pacific Coast and easy travel distance to mountains and volcanos. Feel free to ask us for suggestions!



Logistics

## The Facilitator

Mohit Mukherjee is an innovator in the education space. In 2006 he founded the UPEACE Centre for Executive Education. In his role with UPEACE, he has developed and taught over 40 seminars in eight countries (Costa Rica, USA, Switzerland, Guatemala, Puerto Rico, India, Bangladesh, Haiti and the U.K) on themes ranging from ‘Educating in Changing Times’ to ‘Entrepreneurship in the Social Sector’. He is also the founder of ‘Changemakers International’ which focuses youth and social innovation.

Prior to this position, he served as Education Programme Manager of the Earth Charter Initiative, an international nonprofit organization. He also spent four years at A.T. Kearney, a management consulting firm.

Mohit has a Bachelor’s degree in Industrial Engineering from Stanford University, and did his Master’s at the Harvard Graduate School of Education.



*“I came to learn leadership skills, and I'm leaving knowing more about myself in every way, knowing that I am a leader and I must maintain my authenticity as I lead.”*

*– Sabine Saintable*

