

**Empower your team to flourish
with the right mindset.**

MASTER YOUR MINDSET

–workshop

Some questions that are answered:

- **What is Happiness?**
- **Who are you?**
- **Why does mindset matter?**
- **How can you choose to be happier?**
- **How do goals affect your decisions?**
- **How to build motivation?**
- **How to sustain mindset and happiness?**

Led by Rosanna, a Master in Positive Psychology and Psychology Coaching from the University of East London, with a passion to help others to flourish.

Contact Rosanna directly to discuss bringing this transformative workshop to your employees and receive a tailored offer.



Rosanna Bethell



@flourish.with.rosanna



rosanna.bethell@hotmail.com



www.rosannabethell.com



OTHER WORKSHOP TOPIC EXAMPLES

Mindset

Unlock a Positive Mindset

- Introduction & Mindset Basics – Understanding fixed vs. growth mindset.
- Overcoming Limiting Beliefs – Identifying and reframing self-imposed barriers.
- Resilience & Problem-Solving – Practical tools to navigate challenges effectively.
- Building Mental Well-being – Techniques to enhance positivity and adaptability.
- Action Plan & Implementation – Applying insights to real-life situations.

Embrace and Master Change

- Introduction & Change Mindset – Understanding the psychology of change and adaptability.
- Managing Resistance – Identifying barriers and shifting perspectives on change.
- Building Resilience – Strategies to stay grounded and navigate uncertainty.
- Effective Transition Management – Practical tools to lead and support change.
- Action Plan & Implementation – Applying insights to real-world challenges.

Change

Strengths

Support Your Team's Strengths

- Introduction & Strengths Awareness – Understanding the power of a strengths-based approach.
- Identifying Individual Strengths – Discovering and supporting personal and team strengths.
- Maximizing Collaboration – Using strengths to enhance teamwork and communication.
- Boosting Engagement & Productivity – Aligning strengths with tasks for better performance.
- Action Plan & Implementation – Applying strengths-based strategies in daily work.

Topics, length, content, group tasks and possible handouts are discussed during the personalization.

Lunch and learn

Does a full workshop feel too much right now?

Book me for a lunch and learn session where I give you a science based introduction to one of the above topics while your team gets to enjoy their lunch.

This session is 45min to 1 hour Online.

TESTIMONIALS

Character Strengths –workshop

"The workshop with Rosanna on the 24 VIA Strengths was a complete success for our team. She not only helped us identify our individual strengths but also showed us how to develop and leverage them effectively as a team. Her approach, rooted in Positive Psychology and the Growth Mindset, has set us up for a strong and successful start to 2025. Highly recommended for teams looking to elevate their collaboration and unlock their full potential!"

Gratitude – Workhop

- "I liked that there were time islands for self reflection, while still maintaining a schedule that finished on time. Even though I don't think positivity should be rushed, as it was in a morning schedule setting I appreciated that it was timed to not run over."
- "I thought it was great to take a moment to learn more about gratitude!"
- "I liked to try different quick exercises."



Check out more information and other opportunities on my webpage
www.rosannabethell.com