

Science of the Positive and the Positive Community Norms Approach Training



Dr. Jeff Linkenbach

When: Tuesday October, 30th (9:00am – 4:00pm)
Wednesday October, 31st (9:00am – 3:00pm)

Where: Homewood Suites by Hilton
145 Beech Street, Chelsea, MA 02150

Cost: FREE!

Description

Healthy Chelsea is pleased to announce the free training, *Science of the Positive and the Positive Community Norms Approach*, led by Dr. Jeff Linkenbach of the Montana Institute, with guest speaker Bob Sege, MD, PhD of Tufts University. The Science of the Positive focuses on growing the healthy, positive protective factors that already exist in our communities. Those of us who work as health and safety professionals often become focused on the dangers and problems we are trying to decrease, however, when we start to look at the world from a position of hope, it has a profound impact on the questions we ask, the data we collect, and the way we address health and safety issues.

This two-day training will focus on demonstrating the value of positivity in the workplace and our everyday lives. The goal will be to leave feeling confident in one's self to look at the "glass half-full", building skills to be able to approach everyday situations and conflict with an evidence based practice that when applied sees more effective outcomes. The core assumption of the science of the positive is that the positive is real and worth growing in ourselves, the workplace, and communities. With that, it's important to note that it goes beyond just "thinking positively", as it requires real work and processes to apply this method of thinking. A core acknowledgement of this process identifies that life IS hard, where pain, suffering, and harm, are very real, and one of the principle outcomes of this training to reduce those things that affect our families, communities, and ourselves.

Along with the work of Dr. Jeff Linkenbach, guest speaker Bob Sege adds another dimension of insight into how the science of the positive can be influenced with ACEs, or adverse childhood experiences. This work has become incredibly vital in understanding how events that happen to you as a child affect who you are today, and how they shape your ability to cope with the pressures of everyday life. The hope of this segment of the training is to allow one to be able to understand that while things may have happened in the past which could still have challenging affects today, there are ways to still have hope and implement positive thinking into one's life.

Healthy Chelsea Presents Day 1 – October 30, 2018
The Science of the Positive – Dr. Jeff Linkenbach, The Montana Institute

- 9:00 -9:30 Welcome & “Why you do what you do”
- 9:30-10:30 Science of the Positive Framework Overview
Key Learning, Activities, and Discussions include: Busy to Effective, The positive exists, Cycle of Transformation, SSAR Word Association, Change and Transformation Discussion, Seven Core Principles Introduction, Seven Core Principles and your Community Activity
- 10:30-10:40 BREAK
- 10:40-NOON Positive Community Norms (PCN) Overview
Key Learning, Activities, and Discussions include: Positive community norms, misperceptions of norms, Reversing the Ratio, Perceptions activity and discussion, Communication Campaign examples, 7 Step Communication Model overview,
- Noon- 1:00 LUNCH (Onsite – lunch provided)
- 1:00- 2:00 Balancing Hope and Concern
An interactive activity designed to explore how to balance hope and concern in our work and communications.
- 2:00 -2:15 BREAK
- 2:15-3:30 Integrating Role & Soul
Digging deep and bringing the passion of our whole selves into our community work.
- 2:20-3:20 Seven Core Principles & Your Community
A meaningful opportunity to explore your community in new ways, discuss, share, reflect and re-energize.
- 3:30 – 4:00 Closing thoughts/ Reflections / Evaluations

Healthy Chelsea Presents Day 2 – October 31, 2018
Balancing ACEs with HOPE (Health Outcomes from Positive Experiences) – Dr. Bob Sege, Tufts University Medical Center & Dr. Jeff Linkenbach, The Montana Institute

- 9:00 -9:30 Welcome, Introductions & Overview of the Day
- 9:30-10:30 Your Evolving Brain – The Science
Key Learning, Information, Activities, and Discussions related to a brief history of brain science and the technology that has emerged for us to explore our gray matter.
- 10:30-10:40 BREAK
- 10:40-NOON HOPE then ACEs: A New Paradigm for Clinical Practice and Prevention
Reversing the ways we typically explain and understand the role of resilience, neuroplasticity and the developing brain; Moving from (HOPE) Healthy Outcomes from Positive Experiences to ACEs (Adverse Childhood Experiences Study).
- Noon- 1:00 LUNCH
- 1:00- 2:15 Putting Positive Childhood Experiences (PCEs) Into Practice
Interactive activities designed to explore how to apply the new framework by putting it into practice with intake forms, first interviews, materials and more.
- 2:15 -2:30 BREAK
- 2:30-3:00 Questions / Discussion /Closing Thoughts/ Reflections / Evaluations