

Finding Your

Superpowers!

Workshop
in a Box!

**A Complete
Packaged Experiential
Workshop You Can Use to
Energize, Ignite and Connect
an Audience!**

**Use this to hold your own work-
shops for organizations, compa-
nies or your own team!**

In today's uncertain, sometimes-frightening world, where people can feel disconnected, lost, tired, and unsettled, how can you help organizations and companies help their employees not only cope but flourish? How can you help a company continue to create a thriving organization when their employees have grown weary from separation, Zoom fatigue and the unknowing?

Hold a FINDING YOUR SUPERPOWERS workshop for them!

You'll help a company or organization use researched-backed tools of positive psychology and the science of happiness to help their employees build resilience during tough times, tools that can help them flourish and thrive.

And, you'll be able to use the kit to create revenue for yourself.



**In Finding Your Superpowers, you will help compa-
nies:**

- Get an overview of 24 internal strengths, including the research/evidence that their use leads to increased happiness, greater success, increased resilience, and better relationships!
- Discover and tap into their own signature strengths and utilize those strengths each and every day.
- Spot strengths in others.
- Gain an appreciation and understanding of other's strengths in the workplace.
- Combine strengths across teams to create better partnerships throughout the company.
- **ALL of this can be done either live and in person or virtually! I'll show you how to create a more positive, hopeful and connected team!**



**Your program will help your clients and their
teams :**

- Build positivity
- Understand themselves better
- Have better relationships
- Improve engagement
- Boost performance
- Accomplish goals
- And more!



Finding Your Superpowers! Workshop in a Box!

You will receive everything you need to put on your own character strengths, "Finding Your Superpowers!" Workshop:

- 5 Finding Your Superpowers Card Decks with options to purchase more at a reduced price.
- 5 "Superpowers Tool Kits" - a 16-page guide with exercises to help attendees tap into their strengths, with option to purchase more at a reduced price and a downloadable file to print more or to send to attendees following the workshop.
- 6 22" x 28" Strengths Posters, one for each virtue, to be used in Strengths/Superpowers Spotting.
- Agenda/outline of workshop with timing and details for a 2-3 hour workshop.
- PowerPoint to use in your workshop.
- Links to additional videos and information to use and enhance your workshop.
- Marketing letter and flyer you can use to send to team culture professionals, human resource leaders and others in organizations to explain the benefits and concept of the workshop. If you are a people officer in your company, this can be used to show your CEO the benefits of the workshop.
- Example letter to send to participants in advance of the workshop
- Details on creating your own professional account with viacharacter.org to have your participants take the survey with you so you can tabulate results.
- Ideas on props and other items to use to enhance the workshop and where to get them.
- 30-minute Q&A Zoom Session with me to ask questions on specifics of holding your workshop, both in-person and virtually.

— Remember: this workshop can be done either in-person or virtually! I'll show you how to hold a workshop for organizations in your area or from afar!

Superpower Card Deck



Superpower Tool Kit



Powerpoint Presentation



Set of Strengths Posters



A \$1,500 value for just ~~\$499~~



Finding Your

Superpowers!

Workshop
in a Box!

To Positive Psychology Practitioners...

Use this Finding Your Superpowers Workshop Kit to hold your own workshops for organizations, companies or your own team! Or if you have individual clients, just use the deck to help them work with their Character Strengths in a fun and empowering way! You can order single decks to use. You can order them at: lisabaileysullivan.com/shop

To Team Culture & People Professionals...

Need a little more expertise on Character Strengths and bringing this important tool to your organization before you feel comfortable doing it on your own?

We can bring the workshop to you. We'll hold a 2-3 hour workshop for your group. This in-person training will include this kit, so you and your leaders will be able to do the training on your own following the workshop. Workshop cost is based on the number of "super heroes" attending. Reach out to us for details!

To Everyone, from Me, Lisa...



This kit is near and dear to my playful heart. I'm a "recovering" marketing exec. A few years ago, I started immersing myself into learning about positive psychology and the science of happiness because the company I was working for desperately needed a boost in positivity. I wanted to bring those tools back to the organization... and I did.

Zoom ahead to today, and I think the need for these tools is even greater and true for ALL organizations, especially after the past couple of years we've all been through. I believe organizations and companies are craving connections, purpose, fun and playfulness in their organizations... and they need it! Yes, we need goals and a commitment to meet the fiscal needs of a company. But we can do that by giving employees and team members tools to create a happier life in all areas – at work and at home.

This Workshop In a Box (or as I like to call it, a PLAYshop), will help you create an atmosphere where employees value themselves and each other for who they are inside, not just their talents. When you do that, EVERYONE succeeds and wins!

Add a little play into your organization. Help everyone find their superpowers! Your company (and yes, the world) needs it!

Be well and be happy!

Lisa

Lisa Bailey Sullivan
The Happiness Element

lisa@happinesselement.com • 512.944.8697
happinesselement.com