



NATIONAL ASSOCIATION OF
Community Health Centers®

Leading Positive Team Performance

Through Resilience and Happiness

May & June 2021

See Inside for Dates and Details



The

HAPPINESS ADVANTAGE



RANGE Frog

VIRTUAL Workshop™

Leading Positive Team Performance Through Resilience and Happiness

Delivery Method: Group
Internet-Based

Prerequisites and/or PreWork:

In advance of the training, participants will receive log-in information for the training platform, a digital copy of *The Orange Frog* parable, and related pre-work for the course (60-75 minutes).

Program Level: Beginner

Duration of Training: Main learning event is a 5-hour one-day session with a 45-minute intermission. The 2 extended learning events are 60-minutes each.

“Positive environments are performance enhancers”

This evidence-based learning event, which started in a classroom at Harvard, focuses in on the positive psychology research that proves a positive mindset results in 23% greater energy in the midst of stress, 31% higher productivity, 19% higher accuracy, 40% higher likelihood to be promoted, up to 10 times more engagement, and improves our overall longevity. This learning event is designed to be experiential, growth oriented, and collaborative.

Learning Objectives:

Applying the latest research-based techniques from the field of positive psychology, individuals learn the practices of resilient leaders; they become more adaptable and develop a capacity to “see” more opportunities, leading to better results.

Participants will be able to:

- Practice 5 research-proven tactics for increasing happiness and improving team performance
- Learn to re-write the prevailing social scripts for a more positive environment for your team
- Determine how happiness can be leveraged to drive your organization’s strategic agenda
- Create a personal 21-day action plan supported by two extended learning sessions

Leading Positive Team Performance Through Resilience and Happiness

Virtual Only

Please note: This training will be offered two times. Space is limited to the first 50 registrants for each session.

Workshop: May 11, 2021: 11:00am - 1:45pm; 2:30pm - 5:15pm EST

PUTTING IT INTO PRACTICE

SPECIAL Extended Learning Session #1: **May 21st @ 2pm-3pm EST**

SPECIAL Extended Learning Session #2: **June 1st @ 2pm-3pm EST**

Workshop: June 14, 2021: 11:00am - 1:45pm; 2:30pm - 5:15pm EST

PUTTING IT INTO PRACTICE

SPECIAL Extended Learning Session #1: **June 28th @2pm-3pm EST**

SPECIAL Extended Learning Session #2: **July 13th @2pm-3pm EST**

Pricing Information

- Early Bird Registration Fee: \$69/person if registered 10 business days prior to the workshop
- Regular Registration Fee: \$119/person if registered less than 10 business days prior to the workshop

**Special
One-Time Pricing
for Health
Centers!***

For more information or to register go to
www.nachc.org/trainings-and-conferences or email trainings@nachc.com.

For more information about Happiness Advantage | Orange Frog Workshop™ go to
www.orangefrogenterprise.com

Who Should Attend

Any health center staff member or team who wants to:

- Create and sustain a more optimistic, adaptive, and resilient workforce through the power of positive psychology
- Create a catalyst for organizational transformation
- Create a workplace culture that embraces positive change efforts
- Increase employee engagement, resilience and optimism
- Increase staff satisfaction and retention
- Increase patient satisfaction and engagement
- Decrease staff burnout while increasing productivity

"The program impacts every dimension of human potential – performance, intelligence, creativity, leadership ability and health."

"In an increasingly interconnected world, this event hones in on where our biggest potential lies – in our ability to positively influence others."



REGISTRATION FORM

Leading Positive Team Performance Through Resilience and Happiness

PARTICIPANT INFORMATION

Name _____

Title _____

Email _____

Organization _____

Address _____

City, State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

COST INFORMATION

Leading Positive Team Performance *Through Resilience and Happiness*

(Select which date you wish to attend): **Workshop: May 11, 2021**
 Workshop: June 14, 2021

Early Bird Registration \$69 per person
(if received 10 days prior to the Workshop) \$ _____

Regular Registration \$119 per person
(if received less than 10 days prior to the
Workshop) \$ _____

PAYMENT INFORMATION

Check (payable to NACHC) MasterCard Visa American Express

Total amount enclosed \$ _____

Card Number _____ Expiration Date _____

Print name as it appears on credit card _____

Cardholder's signature _____

Note: Registration is not final until NACHC confirmation is received. This may take up to two weeks from NACHC's receipt of REGISTRATION FORM. DO NOT mail your forms less than 15 business days prior to the event.



Leading Positive Team Performance Through Resilience and Happiness

May and June 2021

Virtual Only

Three Ways To Register:



ELECTRONICALLY

Online registration is available. Go to www.nachc.org Click Trainings, find the date and name of the training and click "register now."



MAIL

Mail Registration to:
NACHC Meetings/Acct. Dept.
7501 Wisconsin Avenue
Suite 1100W
Bethesda, MD 20814

Do not mail registration less than 15 business days prior to the event.



FAX

Send registration form with credit card information to (301) 347-0457. **Fax registration no later than 72 hours prior to the event.**

NOTE: Registration forms will not be processed without payment.

Registration closes 48 hours prior to the event, or when all seats are full.

NACHC CANCELLATION POLICY:

- Cancellations are not refundable.
- Substitutions are encouraged.
- Substitutions must be made in writing and must be received at NACHC at least 72 hours prior to the event.



Leading Positive Team Performance through Resilience and Happiness

An Interview with **Shawn Achor**, *NY Times bestselling author* of *The Happiness Advantage* and *Big Potential*. Creator of the *Happiness Advantage* training and author of *The Orange Frog* parable.

NACHC: *Shawn, why did you create Spark and The Orange Frog parable?*

Shawn: Quite honestly, the statistics of how many people actually read a

scientific research article is so small - I needed to find a relatable way to tell the story of my research—it' that important. I think Spark (the orange frog) does just that, he demonstrates three of the core philosophies of my research:

- ◇ Happiness is a Choice (we need to choose)
- ◇ Create a Comfort-Zone for Positive Outliers (we need to rise above the average)
- ◇ Everyone is a Scriptwriter (we all have responsibility for the culture)

NACHC: *Shawn, tell me about this program, what can our health center staff expect?*

Shawn: The Happiness Advantage | Orange Frog Workshop™ uses the parable about Spark the frog, to deliver key lessons about the happiness advantage, serve as a rallying language for teams, organizations, and individuals to embrace the principles and provide the foundation for sustained positive behavioral change linked to core work routines and best culture practices, supporting desired business results and outcomes. Your participants can expect:

- ◇ An event that is experiential, growth oriented, and collaborative.
- ◇ Working in teams (intact health center teams, or small groups) participants collaborate to discover and create connections and then work in support of one another to build action plans and apply the principles.
- ◇ In advance of the training, participants will receive log-in information for the training platform, a digital copy of The Orange Frog parable, and related pre-work for the course (60-75 minutes).

NACHC: *Shawn, who is this training designed for?*

Shawn: This workshop is designed for individuals, leaders at any level, and especially teams. The core technologies in this workshop are basic human technologies. As such, HA | OF works intra-personally at the individual level and interpersonally at the social, team and leadership levels.

NACHC: *Shawn, you just said this program benefits the individual and the organization. Tell me more.*

Shawn: Absolutely, the core application focus of the workshop centers around three things:

- ◇ Individual Habits: Habits allow us to accomplish important behavioral repertoires. Individual 21-day action plans ensure participants develop positive habits.
- ◇ Team-Based Work Routines: Work routines are the organizational equivalent of habits. Teams use structured plans to embed positive principles into work routines to reduce resources required to put them into use.
- ◇ Organization Priorities: Strategic results and priorities are the focus of multiple workshop activities and set the path for post workshop follow-up activities.

NACHC: *Shawn, our health centers are on the front lines of this pandemic; they are exhausted, balancing work, their health and safety, sometimes virtual school for kids - it's a lot. How can we see past all the negative things going on around us and be ready to embrace happiness?*

Shawn: Happiness is easy in good times but is a huge competitive advantage during difficult times. Happiness is NOT the belief that everything is great, happiness is the belief that change is possible. Small mental victories, especially in a rough economy or the current pandemic, lead us to a cascade of success based on positive changes. A positive mindset results in 23% greater energy in the midst of stress, 31% higher productivity, 37% higher levels of sales, 40% higher likelihood to be promoted, and improves our longevity. So, I might ask you, how can you not focus on happiness?

To learn more about or to register for NACHC's upcoming National Leadership Development Webinar *featuring Shawn Achor*, "Leading with Optimism in Challenging Times" on April 16th @ 2pm EDT, [CLICK HERE](#).
To learn more about or to register for NACHC's "Leading Positive Team Performance" Training Events featuring The Happiness Advantage | Orange Frog Workshop™ curriculum [CLICK HERE](#) or email trainings@nachc.org.

