

Learning Circle Peer Facilitator Guide: Positive Psychology

Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

1. How can you apply the principles of PERMA in your daily interactions?
2. What actions or tactics can we use to help people cultivate positive emotions, even in hard/stressful circumstances?
3. When is the last time you experienced “flow”? How did you feel about that particular experience?
4. How might you help an individual identify their strengths and align them with opportunities to use their strengths on a regular basis (i.e., in your role as a parent, manager, colleague, supporting professional, etc.)?