

20.03
2013

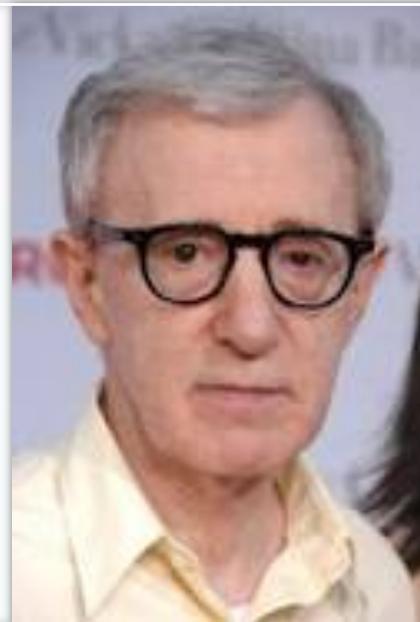
BE HAPPY DAY
www.happinessday.be

“If you
want
to be
Happy,
be!”
[Tolstoi]



Positive emotions @ work

Ilios Kotsou





REUTERS

COMMERCE

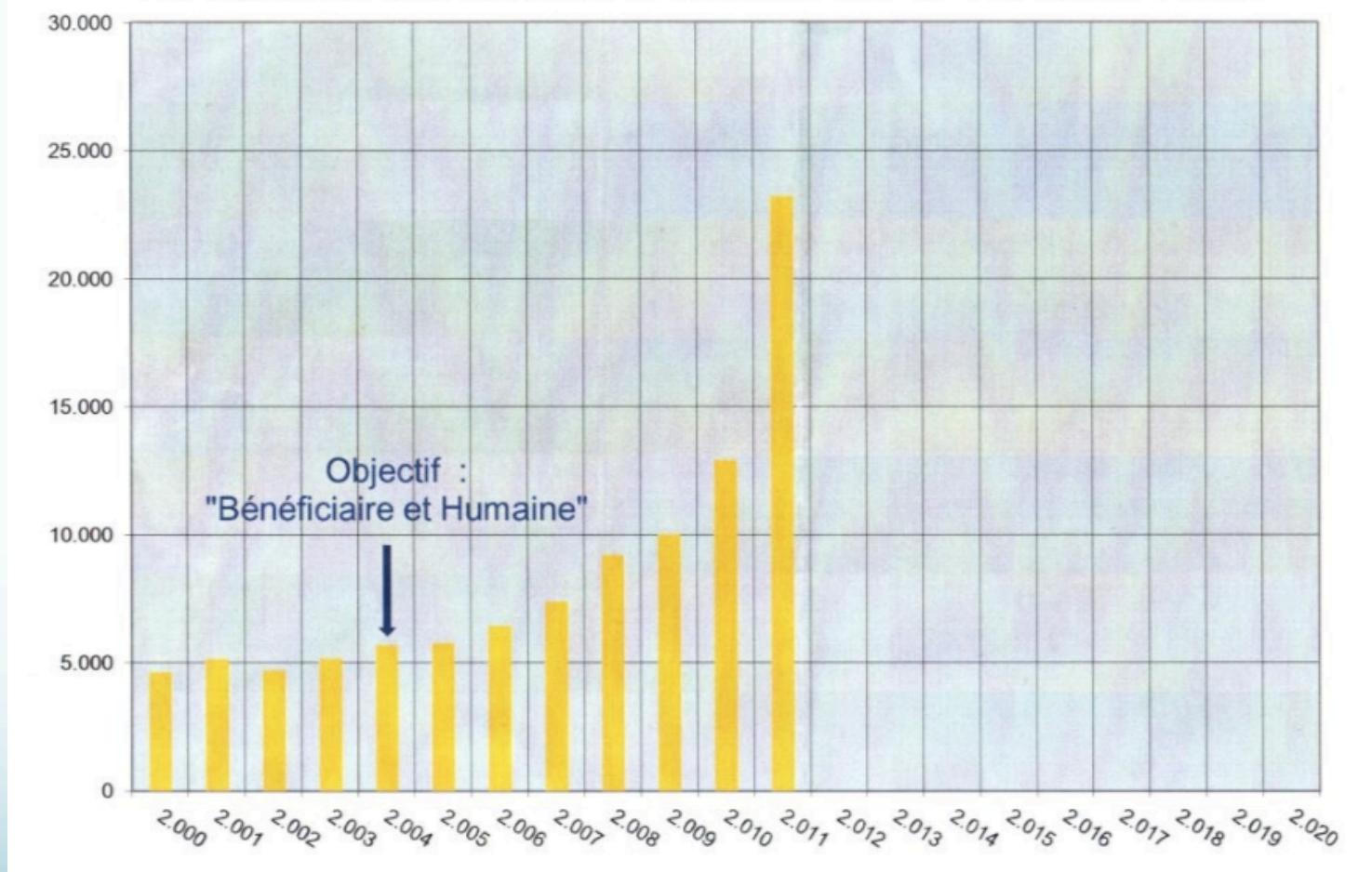
A REMETTRE

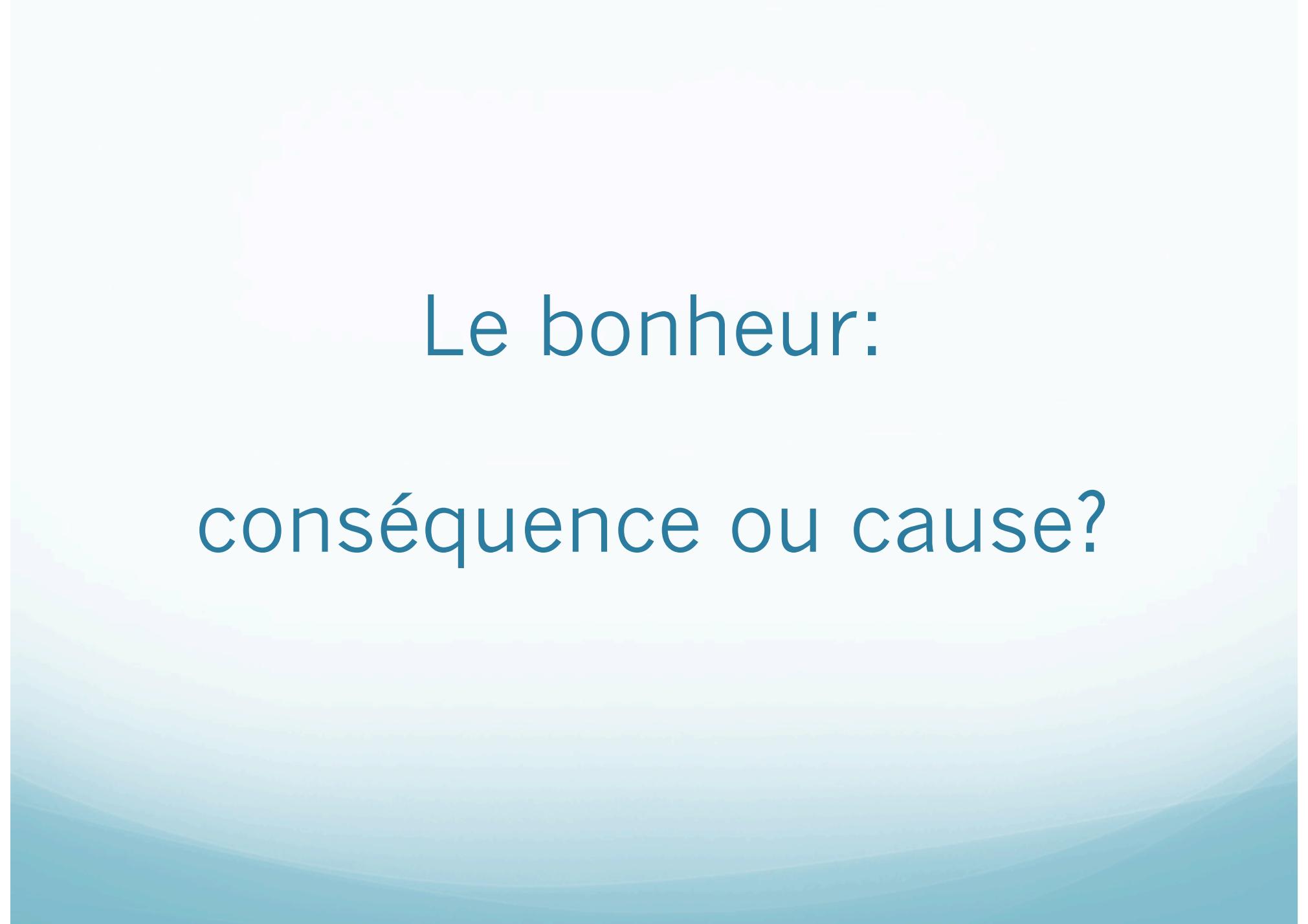


?

Joie, gratitude, sérénité, intérêt, espoir, fierté,
amusement, inspiration, admiration, amour

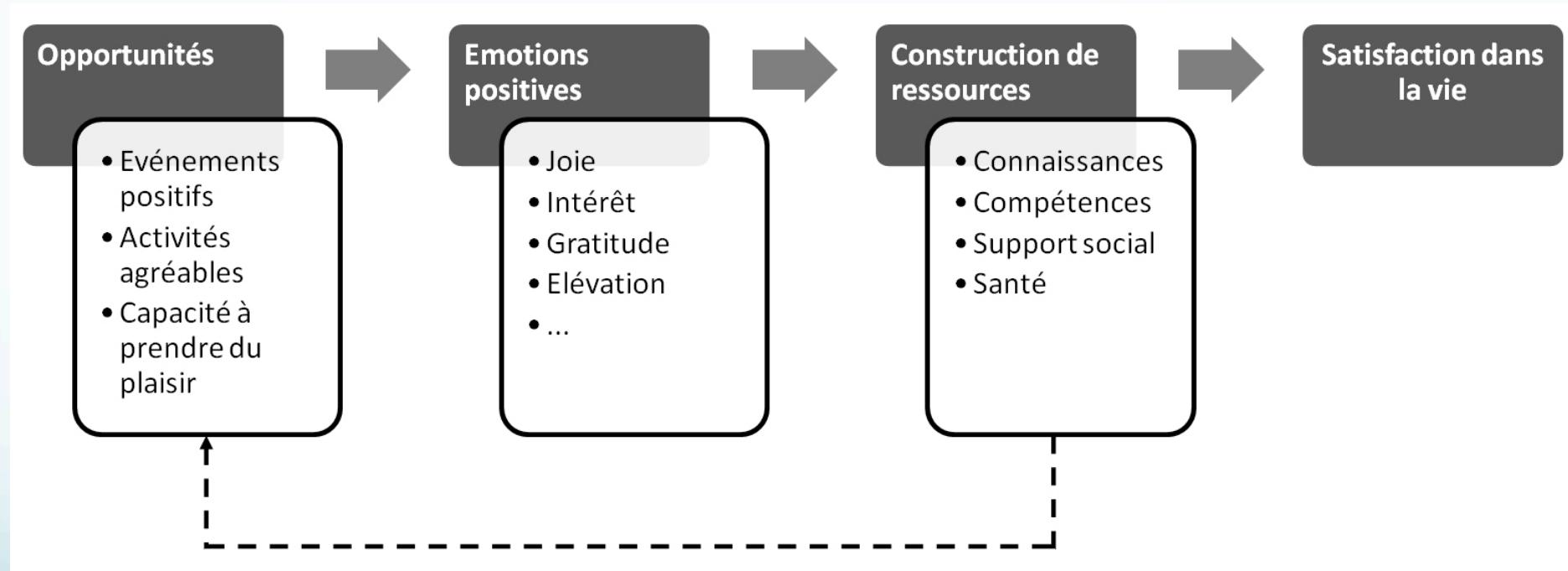
Elneo





Le bonheur:
conséquence ou cause?

Elargir & Construire (B. Fredrickson)



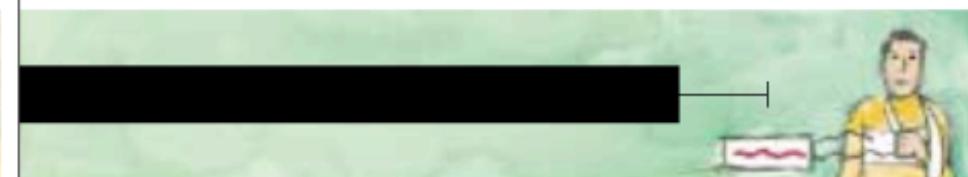
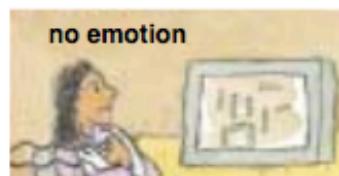
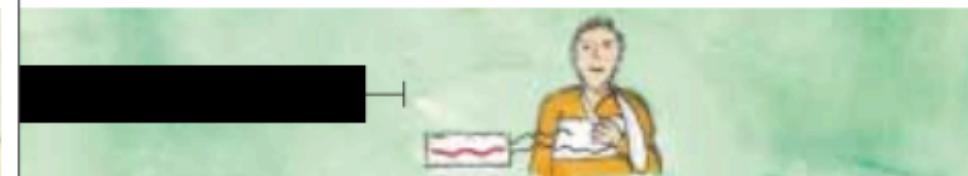
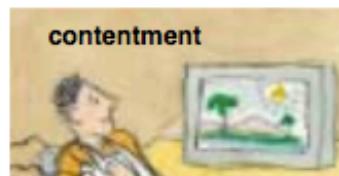
1 anxiety-provoking situation



2 short films shown

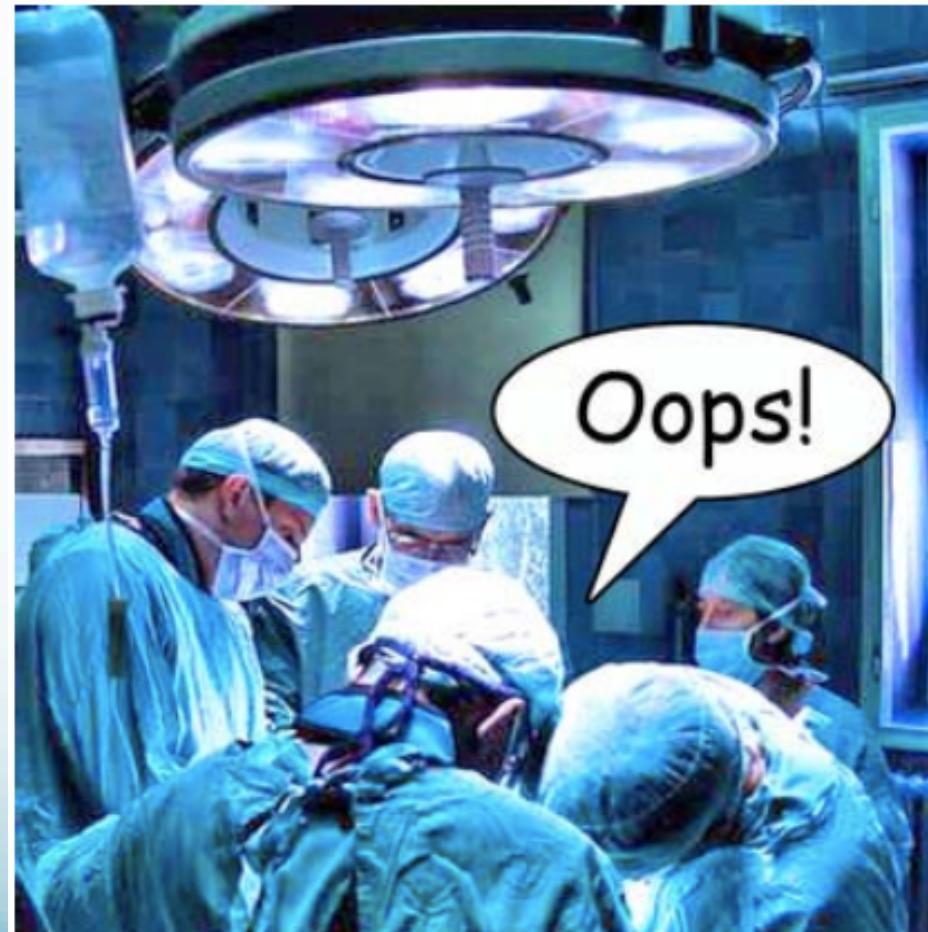


3 cardiovascular recovery



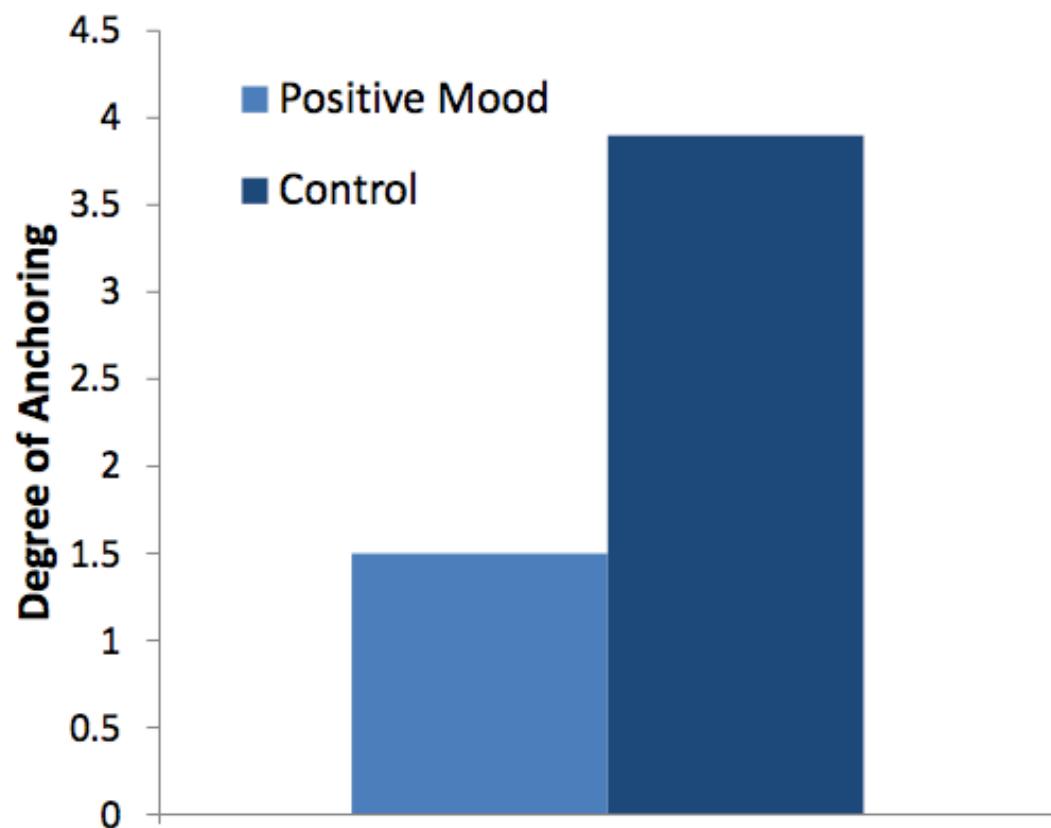
Positive Affect Facilitates Integration of Information and Decreases Anchoring in Reasoning among Physicians

Carlos A. Estrada, Alice M. Isen, and Mark J. Young



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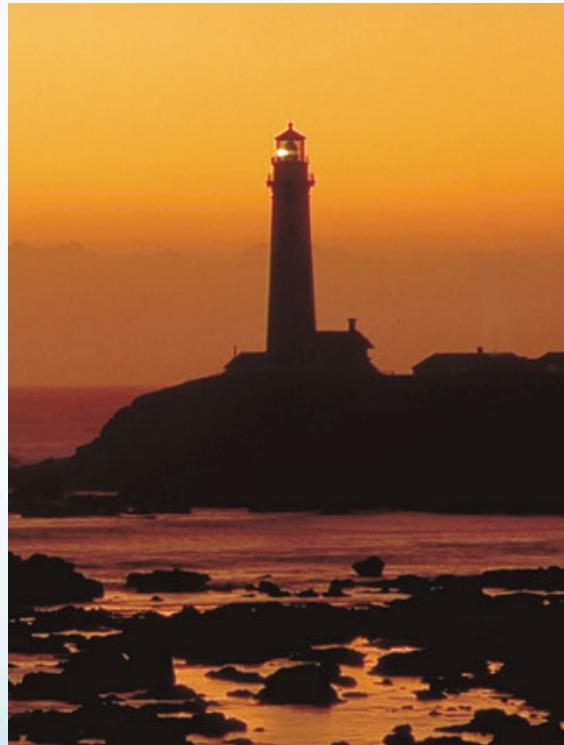


Renforcer le positif



A quoi ressemblerait le futur si le meilleur de ce qui existe maintenant devenait la norme?

Que voulez-vous pour votre
organisation ?



Sur quelles forces
prenez-vous
appui ?

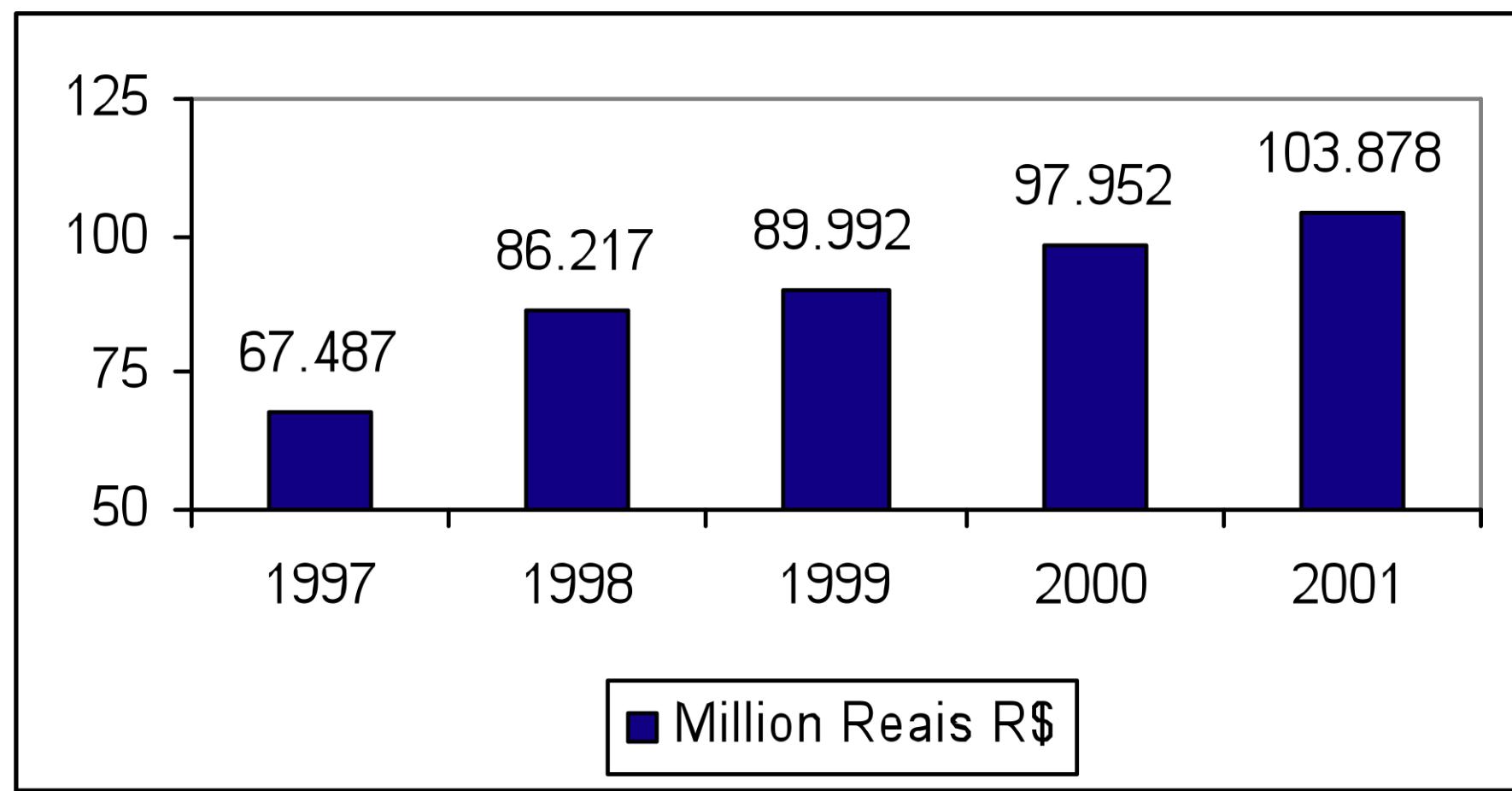
Que voulez-vous
accomplir ?

Comment allez-vous
y parvenir ?

Créer des contextes positifs

- Equité
- Réalisation
- Relations

Le cas Nutrimental



Cooperrider, D., Srivastva, S. (2000) [Appreciative Inquiry in Organizational Life. Appreciative Inquiry: Rethinking Human Organization Toward a Positive Theory of Change.](#)

Ratio de Losada: 2,9

Losada, M., & Heaphy, E. (2004). The Role of positivity and connectivity in the performance of business teams: A nonlinear dynamics model. *American Behavioral Scientist*, 47, 740-65.

Performance des équipes

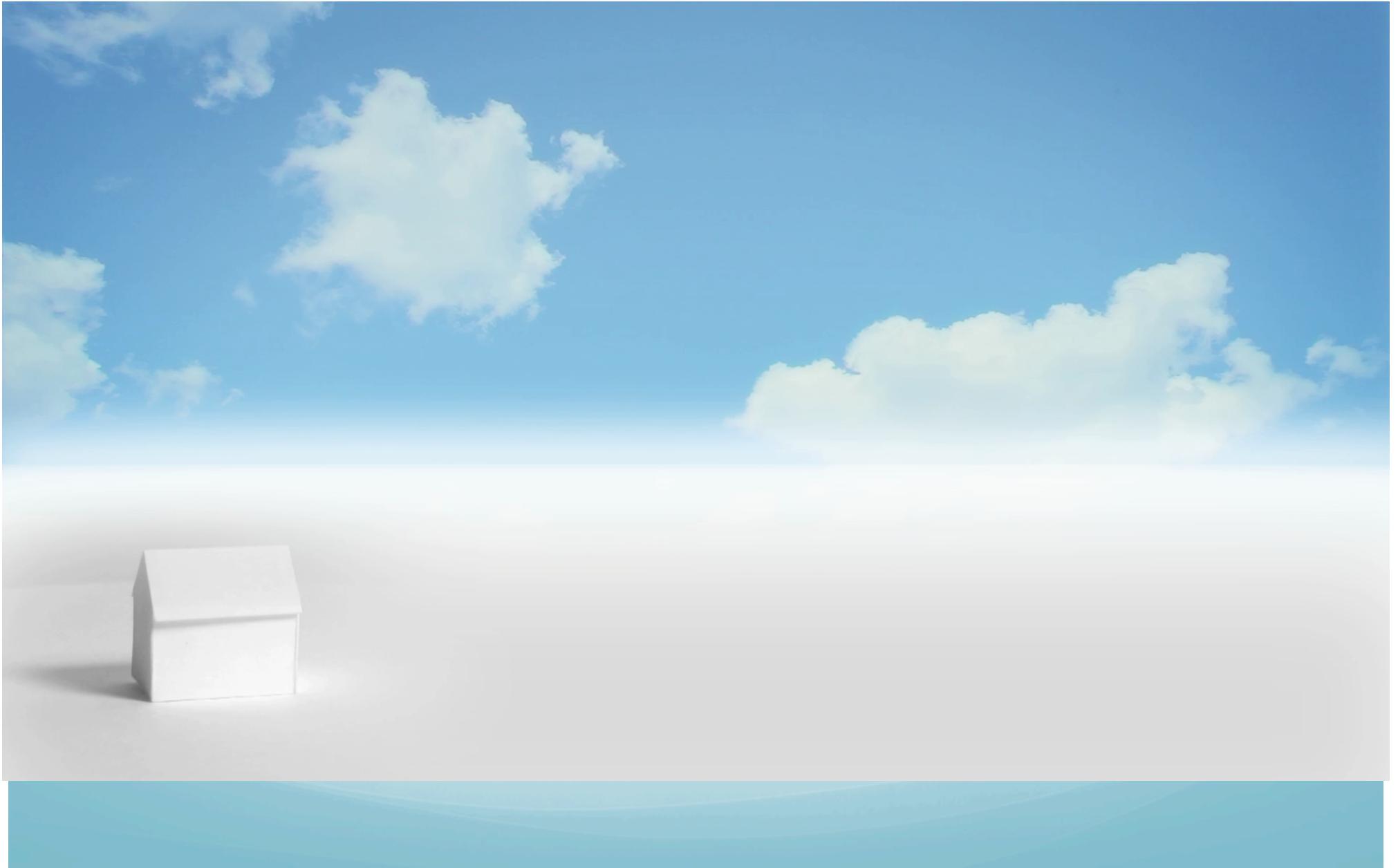
5,6

1.9

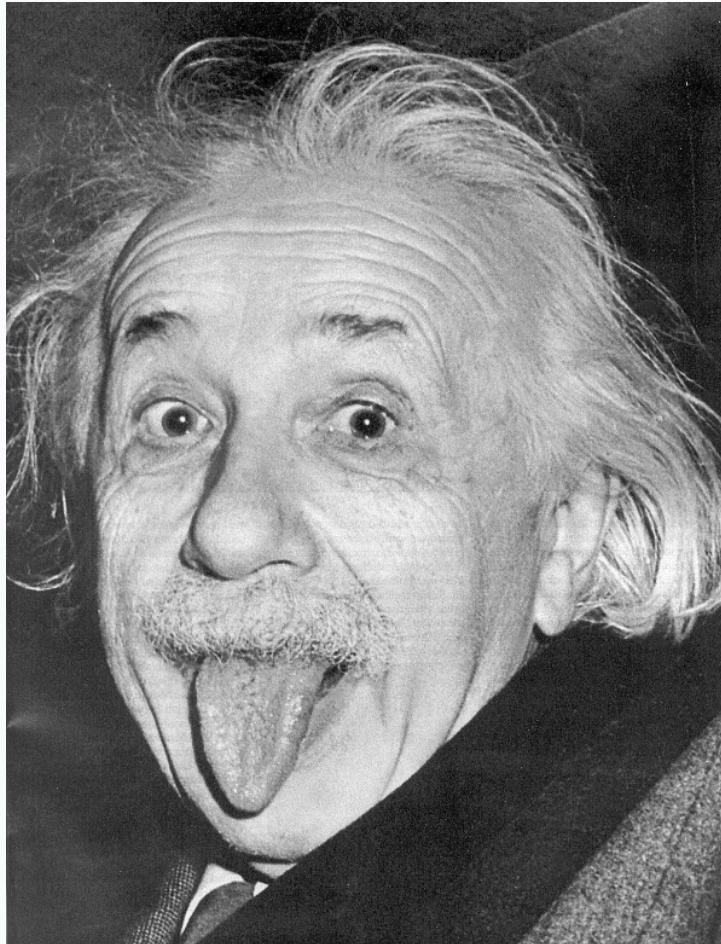
0.36

Losada, M., & Heaphy, E. (2004). The Role of positivity and connectivity in the performance of business teams: A nonlinear dynamics model. *American Behavioral Scientist*, 47, 740-65.

La contagion du positif





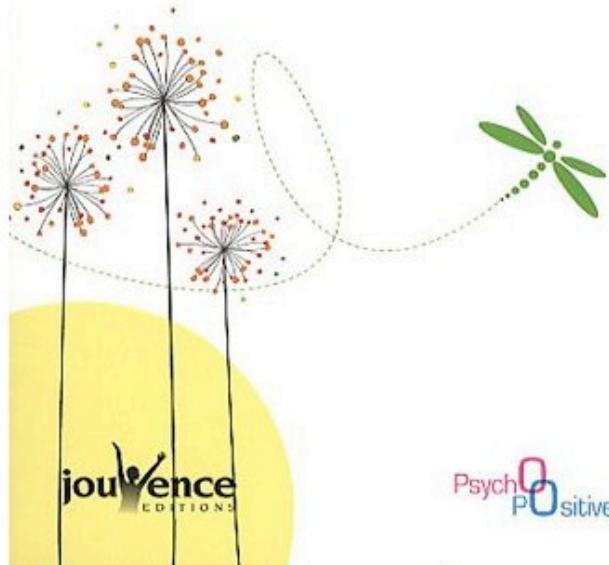


« Nous ne pouvons résoudre des problèmes en utilisant le même mode de pensée que celui qui les a créés. »

Albert Einstein

Christophe André, Thomas d'Ansembourg,
Isabelle Fillozat, Eric Lambin,
Jacques Lecomte, Matthieu Ricard,
sous la coordination de Ilios Kotsou et Caroline Lesire

Psychologie positive : le bonheur dans tous ses états



jouvence
EDITIONS

PsychO Positive

www.facebook.com/kotsou

www.emergences-asbl.org