

Example topics of Yunel's tailor-made workshops and trainings



Positive and negative emotions

- The power of negative emotion
- Broaden and build approach
- Mindsets and framing
- Adaptability



Engagement

- Presence
- Ownership
- Taking risks and action
- Experience of flow



Relationships

- High-quality connections
- Network and community
- Sponsorship
- Communication



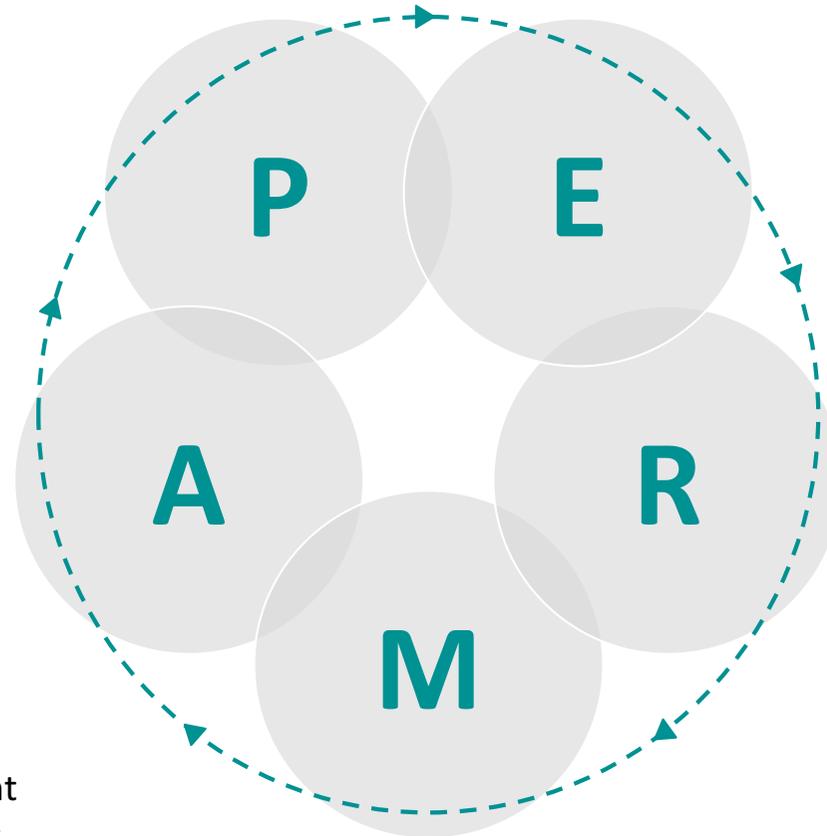
Meaning

- Character strengths
- Values
- Purpose



Accomplishments

- Everest goals
- Energy management
- Sustaining practices
- Celebrating success



According to Professor Martin Seligman, human beings need **PERMA** to flourish: **P**ositive emotions like inspiration and joy, **E**ngagement based on their values and strengths, **R**elationships, **M**eaning, and **A**ccomplishments.