



Positive Psychology and Change: How Leadership, Collaboration, and Appreciative Inquiry Create Transformational Results

Sarah Lewis

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Positive Psychology and Change explores how areas of positive psychology such as strengths, flow, and psychological capital can be applied to the everyday challenges of leading a dynamic and adaptive work community, and how collaborative group approaches to transformational change can be combined with a positive mindset to maintain optimism and motivation in an unpredictable working environment.

- Articulates a unique vision for organizational leadership in the 21st century that combines positive psychology, Appreciative Inquiry (AI), and collaborative group technologies
- Focuses on four specific co-creative approaches (Appreciative Inquiry, Open Space, World Café and SimuReal) and the ways in which they surpass traditional methods for organizational change
- Explains the latest theory, research, and practice, and translates it into concrete, actionable ideas for meeting the day-to-day challenges of effective and adaptive leadership and management
- Includes learning features such as boxed text, short case studies, stories, and cartoons

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