

Positive focus

Interested in a hands-on learning experience that can be an eye-opener for your personal development?

Content

The Streetwize Action Workshop "Positive Focus" starts from the fact that human beings by nature tend to be very attentive/sensitive to risks or possible problems.

Positive aspects or opportunities are underexposed and the possible impact of one's own initiative does not come to the surface. This often leads to negative feelings and tension/stress, with possible negative impact on a personal level (e.g. burnout) and on a professional level (e.g. loss of commitment and productivity). Streetwize believes that regaining and maintaining a positive focus is a basic condition for further development of skills and improvement of one's personal and professional life.

During the workshop, Streetwize frames the skill Positive Focus starting from the street context. They explain what Positive Focus means to them: the conscious choice to look in every situation for what makes it possible, rather than what prevents it. Internal attribution or, in other words, taking one's fate into one's own hands, is a basic principle here. In parallel, they name a number of pitfalls in our living environment that put pressure on our positive focus from time to time and which are, above all, very recognizable.

Through a number of exercises, you learn to translate positive focus into your own personal situation.

Target group

Postdoctoral researchers of the University of Antwerp

Time schedule & venue

June 2 2022 (09h-12h30), Stadscampus (room to be confirmed)

Coach

Bram Doolaeghe, [Streetwize](#) trainer with experience in the field of change management, communication and leadership.

Registration procedure

You can register online by clicking [this link](#), with approval of your supervisor (max. 15 participants, registration deadline: June 1 2022).

We look forward to your participation!

Talent Center
postdocs@uantwerpen.be