Garnet
Garnet Global Training Center

GGT-PS-107

Workplace Psychology & Behavioural Science

Positive Psychology at Work

علم النفس الإيجابي في العمل

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (practitioner)**

Overview

Participants in Positive Psychology at Work practise the methods, tools and standards they need to perform reliably and solve problems on the job. Apply behavioural science to motivation, decisions, safety and wellbeing at work. Choose 5 or 10 days, classroom or live online, English or Arabic; organisations can also run it in-house and adapt the examples to their own work.

What you will be able to do

- Apply the methods and standards of Positive Psychology at Work to real tasks.
- Interpret data and results correctly and act on them.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.
- Share good practice with your team.

Who should attend

HR and L&D professionals, managers, safety leaders and organisational development teams. Practitioners with one to five years of experience benefit most.

Key topics

- How people decide
- Motivation and engagement
- Behaviour change methods
- Assessment tools
- Wellbeing at work
- Ethics in applied psychology

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

WhatsApp: +971 56 674 7382

Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Positive Psychology at Work: principles and standards

- How people decide
- Checklists and templates to take away

Day 2 Methods and tools in practice

- Motivation and engagement
- Behaviour change methods

Day 3 Diagnosis and problem solving

- Assessment tools
- Group discussion and peer review

Day 4 Quality, safety and documentation

- Wellbeing at work
- Measurement and reporting

Day 5 Workshop, assessment and action plan

- Ethics in applied psychology
- Hands-on workshop on a workplace challenge

10-day outline

Day 1 Positive Psychology at Work: principles and standards

- How people decide
- Checklists and templates to take away

Day 2 Methods and tools in practice

- Motivation and engagement
- Behaviour change methods

Day 3 Diagnosis and problem solving

- Assessment tools
- Group discussion and peer review

Day 4 Quality, safety and documentation

- Wellbeing at work
- Measurement and reporting

Day 5 Workshop, assessment and action plan

- Ethics in applied psychology
- Hands-on workshop on a workplace challenge

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Common mistakes and how to avoid them

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Regional and international case studies

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
8–12 Feb 2027	5-day online	Live online	Arabic	2,950
18–29 Apr 2027	10-day classroom	Muscat	Arabic	8,950
16–20 May 2027	5-day classroom	Amman	Arabic	4,750
20–24 Dec 2027	5-day classroom	Dubai	English	4,750
3–14 Apr 2028	10-day classroom	Vienna	English	8,950
20–24 Aug 2028	5-day classroom	Riyadh	English	4,750
18–22 Sep 2028	5-day classroom	Singapore	English	4,750
16–27 Oct 2028	10-day online	Live online	English	5,450
2–6 Apr 2029	5-day online	Live online	English	2,950

Dates	Format	City	Language	Fee (USD)
20–24 Aug 2029	5-day classroom	Dubai	English	4,750
8–12 Oct 2029	5-day classroom	Abu Dhabi	English	4,750
10–21 Dec 2029	10-day classroom	Barcelona	English	8,950
21 Jan – 1 Feb 2030	10-day online	Live online	English	5,450
15–19 Apr 2030	5-day classroom	London	English	4,750
19–30 Aug 2030	10-day classroom	Abu Dhabi	Arabic	8,950
2–6 Sep 2030	5-day classroom	Barcelona	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/