

POSITIVE PSYCHOLOGY FRAMEWORK



Good Person

Good Citizen

Good Player



POSITIVE RELATIONSHIPS

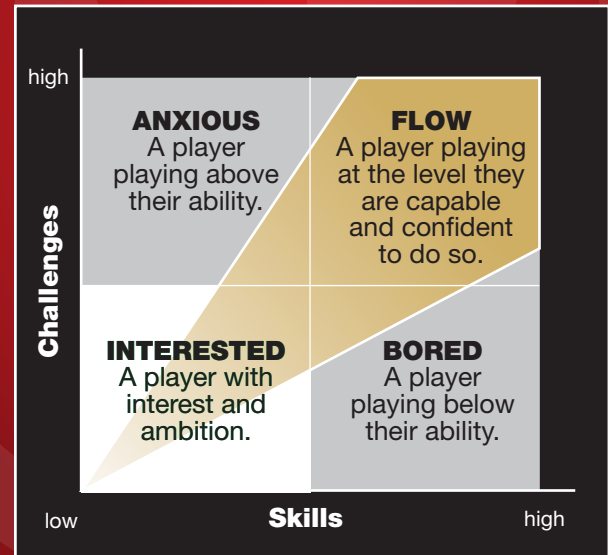
We encourage and build social and emotional skills that lead to positive relationships.

	Constructive	Destructive
Active	AMPLIFY Gives genuine interest and strengthens the experience.	DEFLATE Deflates the good news, raises and dwells on the negative.
Passive	STALL Understated support and the conversation goes no where.	STEAL Ignores the event and steals the conversation.



POSITIVE ENGAGEMENT

We enable our players to engage in challenging and motivating experiences.





The best moments in our lives are not passive, receptive, relaxing times.



The best moments usually occur if a person's body and mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.

Optimal experience
Is something we need to make happen.

Reference: Geelong Grammar School Model for Positive Education, 2011

POSITIVE ACCOMPLISHMENT

We support and encourage our players to have a growth mindset.

Fixed Mindset	Experience	Growth Mindset
Avoid	Challenges	Embrace challenges
Give up easily	Obstacles	Persist in the face of setbacks
See effort as fruitless or worse	Effort	See effort as the path to achievement
Ignoring useful critical feedback	Feedback	Learn, learn, learn
Feel threatened by the success of others	Success of others	Find lessons and inspiration from the success of others

Reference: Geelong Grammar School Model for Positive Education, 2011



POSITIVE PURPOSE

We encourage our players to have a positive purpose.

“Understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefit of others”



POSITIVE HEALTH

We provide experiences that require good health and build resilience.

POSITIVE HEALTH INCLUDES

- Energy management
e.g. sleep, nutrition, exercise
- Self-regulation and management
- Optimism
- Resilience.

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.



POSITIVE EMOTIONS

We support and encourage our players to develop their emotional maturity.

WHY

- It feels good
- Broadens minds
- Builds resourcefulness
- Fuels resilience
- A ratio of 3 positive thoughts to 1 negative thought is healthy.

HOW

- Develop passions
- Nurture relationships
- Being grateful
- Cultivate a growth mindset
- Recognise & counter negative thinking
- Be purposeful.

Advice from an old man to his grandson about a battle that goes on inside people.

The battle is between two wolves inside us all.

One is evil.

It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good.

It is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth, compassion and faith.

The grandson asked, which wolf wins?

The old man replied, the one you feed.





GRATITUDE

We encourage gratitude.

- It directs attentions to positive experiences
- It makes us realise how much we rely on other people
- It builds humility
- It connects people to things outside themselves
- It builds relationships and respect
- It supports strong teams and leadership.



THE POSITIVE COACHING CYCLE



Good Person

Good Citizen

Good Player



www.murrayunitedfc.com.au

