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life flows better with greater positivity

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Hungry 4 Optimal Coaching

- ✓ **Inspiration**
- ✓ **Mission**
- ✓ **Hungry 4 Learning Kft**
- ✓ **Diversity**
- ✓ **Partnership Approach**
- ✓ **Optimal Coaching Model**
- ✓ **Case Study**



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- ✓ Inspired by the late Master Enoeda
- ✓ Becoming Regional and British Karate Champion
- ✓ Coaching adults by the age of 14
- ✓ Zen- based and strength-based approaches
- ✓ Sports Psychology
- ✓ High Performance
- ✓ Airline Industry and Home Office
- ✓ Headed training function and created diverse and dynamic teams



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Mission

- ✓ Everyone has the right to experience the richness and benefits of optimal living
- ✓ New region of Europe where levels of well-being were low
- ✓ Extend myself to the unknown



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Hungry 4 Learning Kft

- ✓ Set up 17:09:2004
- ✓ 4 years later decided to leave London
- ✓ Vitality, trust, optimism and social capital
- ✓ Levels of negativity were high
- ✓ For the first year I only worked with expats
- ✓ Write articles about Positive Psychology
- ✓ Set up 2 offices so our team could work in professional settings

Diversity

- ✓ Limited understanding of positive psychology
- ✓ Eletero website focussing on Eastern Europe
- ✓ The goal of working with 10 languages
- ✓ Workshops in both English and Hungarian
- ✓ Feedback from groups very encouraging
- ✓ Business Leaders and teams

Partnership Approach



✓ ***Brody House***

A hub of creativity and innovation for the accommodation, design, music, entertainment and the arts

✓ ***We Love Budapest***

Up to date creative medium for Budapest – promoting the best in Budapest for both citizens and tourists

✓ ***Design Terminal***

Creative hub for local Hungarian designers

✓ ***Eco café***

New café house opened by a Hungarian couple using exclusively organic & natural ingredients combined with ethical & eco-conscious service



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✓ *Bátor Tábor Foundation*

A regional therapeutic recreation centre making the affirming adventures available for Hungarian, Slovakian, Czech and Polish children.

To increase children's confidence, discover their own possibilities and increase their self-esteem.



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Optimal Coaching Model

External Solution	Internal Solution
Our coaches help clients to:	Clients:
<ul style="list-style-type: none">• Define measurable goal(s)• Discover what is already working• Visualise a better future• Design positive interventions• Monitor and evaluate	 <ul style="list-style-type: none">• Identify need(s)• Engage in exploration of identified need(s)• Use more positive emotions, interests, strengths, talents, positive cognitions, challenges, positive behaviours• Self-monitor and self-evaluate outcomes



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External Solution

Our coaches help clients to:

- Define measurable goal(s)
- Discover what is already working
- Visualise a better future
- Design positive interventions
- Monitor and evaluate



Internal Solution

Clients:

- Identify need(s)
- Engage in exploration of identified need(s)
- Use more positive emotions, interests, strengths, talents, positive cognitions, challenges, positive behaviours
- Self-monitor and self-evaluate outcomes



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Case Study

- ✓ Petra wanted to become a mother and wanted to enjoy her life more fully
- ✓ She had tried for many years and was very stressed by her personal position
- ✓ We agreed that her main goal was to become pregnant in 2012
- ✓ Her level of well - being was moderate and she had lots of stress in her full- time job in real estate
- ✓ We agreed that she had lost her drive in current job and needed to leave this job



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To give up her full-time work so she could have more time to spend on the following positive interventions:

- ✓ Relaxation exercises to music every morning and increased the duration by a minute every week
- ✓ Started to attend the classes at her gym whereas before she did not feel she had the desire
- ✓ To begin a 12 week course in Mediation and mediated 20 minutes a day for a period of 6 weeks followed by 30 minutes for 6 weeks
- ✓ Her interest was fine art and she started an art course and opened a studio where can paint and draw more often

- ✓ Petra was able to enter into the state of flow when she was using her top strengths in her studio. She felt re-energised and felt authentic again
- ✓ We created a plan to use her utilised strengths (top strengths) on a daily basis:
- ✓ Petra started to work as a Make-up artist in her Art studio where she would felt more at ease with herself and with her clients
- ✓ Petra was using her top strengths to build relationships on a deeper level. Her top strengths being rapport builder, relationship deepener, personalisation, esteem builder and moral compass



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This energised Petra and allowed her to use her under-utilised strengths of improver, drive, resolver and prevention

Overall this gave Petra more energy to work on the things she enjoyed and gave her a real opportunity to increase her level of well – being from moderate to a flourishing level

Over a period of 16 weeks Petra was able to make key changes and achieve her goal of becoming pregnant

These tailored interventions guided Petra towards cultivating greater positive emotions in her life and away from negativity and the stress that was stopping her from becoming a mother (a belief expressed by Petra)



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Questions

Életerő-Lifeforce facebook group

www.eleteroweb.eu



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