



Unlock Your Team's  
Full Potential

Corporate Positive  
Psychology Training

Enhancing Employee Well-Being,  
Engagement, and Performance







# fact

A study by **Gallup** found that **employees with high well-being** are **25% more productive** and **43% more likely** to stay with their company.



# conventional psychology

focuses on fixing  
problems

# positive psychology

maximizes strengths,  
builds resilience, and  
increases happiness

# what is positive psychology

- **Positive Psychology** helps people focus on strengths, develop resilience, and increase happiness.
- It involves practical strategies that **boost mental health**, reduce burnout, and improve team dynamics.





# fact

Companies that implement **well-being programs** see a **22% increase in profitability** and **10% higher employee retention rates**.

*(Harvard Business Review)*



# what you'll gain from this workshop

- **Boost Employee Engagement** – Employees will feel more motivated and connected to their work.
- **Increase Resilience** – Build teams that bounce back quickly from setbacks and challenges.
- **Improve Mental Health** – Reduce burnout, stress, and absenteeism.
- **Enhance Communication & Collaboration** – Foster trust and empathy within teams.





A photograph of three office workers in a modern, bright office environment. Two women and one man are high-fiving each other, all smiling and looking happy. They are wearing casual office attire. The background features large windows, indoor plants, and office furniture. The overall mood is positive and collaborative.

# fact

**Engaged employees** are **17% more productive** and contribute to a **21% higher profitability** for the company.

*(Gallup 2020 Report)*



# Key topics covered

**Growth Mindset:** Learn how to foster an environment where challenges are opportunities for growth.

**Resilience in the Workplace:** Techniques to bounce back from stress and maintain peak performance.

**Mindfulness and Stress Management:** Reduce stress, increase focus, and enhance creativity.

**Strengths-Based Leadership:** Focus on building your team's strengths for higher performance.





# fact

**Resilient employees** are **60%**  
**less likely to experience**  
**burnout** and show **50%**  
**higher job satisfaction.**

*(Psychology Today)*







# The ROI of Positive Psychology Training

**Improved Productivity:** Employees who feel positive and supported are more productive.

**Better Collaboration:** Team members with positive relationships work better together.

**Reduced Employee Turnover:** Employees who feel valued and supported stay longer.

**Cost Savings:** Reduced absenteeism and mental health-related sick days.

Companies that invest in employee well-being experience a **\$3 return for every \$1 spent**.

*(American Psychological Association)*





# Engaging, Fun and Interactive Activities

- **Strengths Assessment:** Identifying each team member's unique strengths.
- **Mindfulness Breaks:** Quick exercises to reduce stress and increase focus.
- **Group Resilience Challenges:** Team-building exercises focused on overcoming adversity.
- **Goal Setting & Action Plans:** Concrete steps for individual and team growth.





## why this workshop works

- Based on **scientifically-backed principles** from Positive Psychology research.
- Designed to be **interactive, engaging**, and immediately applicable to the workplace.
- Focused on **real-world applications** that improve employee well-being and organizational performance.



A group of people are high-fiving in a dimly lit room with warm, ambient lighting. In the foreground, a woman with long brown hair and black-rimmed glasses is smiling broadly, wearing a light blue denim jacket. To her right, another woman with short blonde hair and black-rimmed glasses is also smiling. In the background, a man with a beard and glasses is visible, smiling. Several hands are raised in the air, reaching towards the center where they are about to high-five. The background is out of focus, showing some structural elements of the room and warm light sources.

# fact

Positive Psychology programs lead to **50% fewer sick days** and a **25% improvement in overall team performance.**

*(Journal of Applied Psychology)*



# meet the trainer

## JOCQUINE CHARBEL, AKA THE SMILING KANGAROO

With over 25 years of expertise in **strategic communication, corporate training, positive psychology, and education**, Jocquine is a dynamic trainer, counselor, and facilitator dedicated to helping individuals and organizations unlock their full potential. Her approach is deeply rooted in **scientific research, real-world application, and engaging storytelling**, making her a sought-after expert in fostering growth, resilience, and well-being.

### A LEADER IN POSITIVE PSYCHOLOGY & TRAINING

Jocquine has designed and delivered **high-impact workshops and training programs** across diverse industries, equipping participants with practical tools to enhance their mental well-being, professional performance, and overall life satisfaction. Whether coaching corporate teams, guiding students through academic and personal pressures, or helping professionals cultivate a growth mindset, her sessions are known for being **engaging, insightful, and deeply transformative**.

### AN EXPERT COMMUNICATOR & EDUCATOR

With a strong foundation in **teaching and strategic communication**, Jocquine has spent years crafting and delivering content that resonates. Her ability to translate complex psychological concepts into **relatable, actionable strategies** sets her apart as an educator and coach. She has worked extensively with corporate leaders, educators, students, and individuals seeking personal growth, helping them navigate challenges like **stress management, leadership development, effective communication, and self-motivation**.

### DIVERSE EXPERIENCE & IMPACT

- **Corporate Training & Workshops:** Jocquine has led **positive psychology, well-being, and leadership development**

programs for major organizations, including customized **ESG-focused workshops** covering **positive drinking, sustainability, inclusion and diversity, and recycling initiatives**.

- **The Smiling Kangaroo – Positive Psychology for Individuals, Schools & Companies:** As a founder since 2023, she plays a pivotal role in designing and delivering programs that empower individuals, teens and corporate teams to thrive in high-pressure environments.
- **Education & Mentorship:** Having worked extensively in **teaching and academic training**, she has helped countless students and professionals develop critical life skills, overcome **peer pressure, academic stress, and career uncertainty**, and build self-confidence.
- **Strategic Communication & Branding:** Leveraging her expertise in **branding, marketing, and communication strategies**, she has played a key role in shaping impactful narratives for companies and initiatives that promote **well-being, sustainability, and positive transformation**.

Jocquine's unique combination of **scientific knowledge, hands-on experience, and natural ability to connect with people** makes her an invaluable coach and mentor. Whether helping corporate teams achieve **higher engagement and resilience**, guiding teens through **the pressures of modern life**, or consulting on **strategic well-being initiatives**, she brings unmatched passion and expertise to every session.

Her mission is simple yet profound: **to help people and organizations thrive by embracing the power of positive psychology, effective communication, and mindful leadership**.





# Empower your team & invest in their well-being and growth

Contact us to learn more  
or book your workshop

☎ +961 81 960061

✉ [jocquine@thesmilingkangaroo.com](mailto:jocquine@thesmilingkangaroo.com)

 @the\_smilingkangaroo

 The Smiling Kangaroo

smiling  
**kangaroo**  
positive mindset  
therapy & growth  
space