

Developing an Appreciative Mindset

4-week online course

COURSE DESCRIPTION

Gain preliminary exposure to Appreciative Inquiry and how to begin to apply it within your own life. Through an interactive online portal with readings, videos, online discussions, and personal application opportunities, explore a new appreciative topic each week. Learning applications are designed to provide you with experiences in AI's unique form of delivery through interviewing and inquiry. There is an emphasis on journals, reflection, and sharing learning through online discussions.

WEEKLY TOPICS

WEEK 1: Appreciative Living

WEEK 2: The Elevation of StrengthsWEEK 3: The Spectrum of AI ApplicationsWEEK 4: Personal & Professional Applications

ELEMENTS OF EACH WEEKLY MODULE

OVERVIEW: Brief details of learning aims

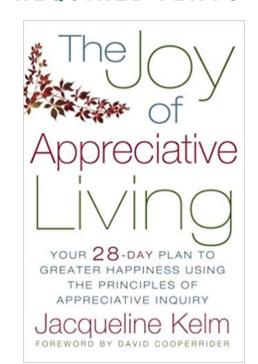
RESOURCES: Readings/videos for your self-directed review APPLICATIONS: Activities to put your learning into practice

DISCUSSIONS: Online forum to share and reflect with other participants

LIVE MEETINGS: A "real time" conference call for us to connect as a learning community.

Only Weeks 1 & 4. Live meetings will be recorded and made available aferward.

REQUIRED TEXTS



Additional required readings or videos will be provided to you as a weblink, PDF, or via our online site.

LEARNING OBJECTIVES



Understand and apply the principles of AI to your personal life



Better recognize your own strengths and the strengths of others



Begin crafting your own Alinspired applications for your personal and/or professional life

CERTIFICATE OF COMPLETION

Upon completion of this course, you will be considered an AI Affiliate (AIA) and a member of the growing global AI Community of Practice centered at the David L. Cooperrider Center for Appreciative Inquiry.

INSTRUCTORS



Dr. Lindsey Godwin
Stiller Endowed Professor of Management
Academic Director of The Cooperrider
Center for Appreciative Inquiry
Stiller School of Business
Champlain College



Mary Jane Dieter

Masters in Social Work from USC.

Certifications in Myers-Briggs Type
Inventory, CPI 260 Leadership
Assessments, and VIA.

Member of the Council of Practice of The
Cooperrider Center for Appreciative Inquiry