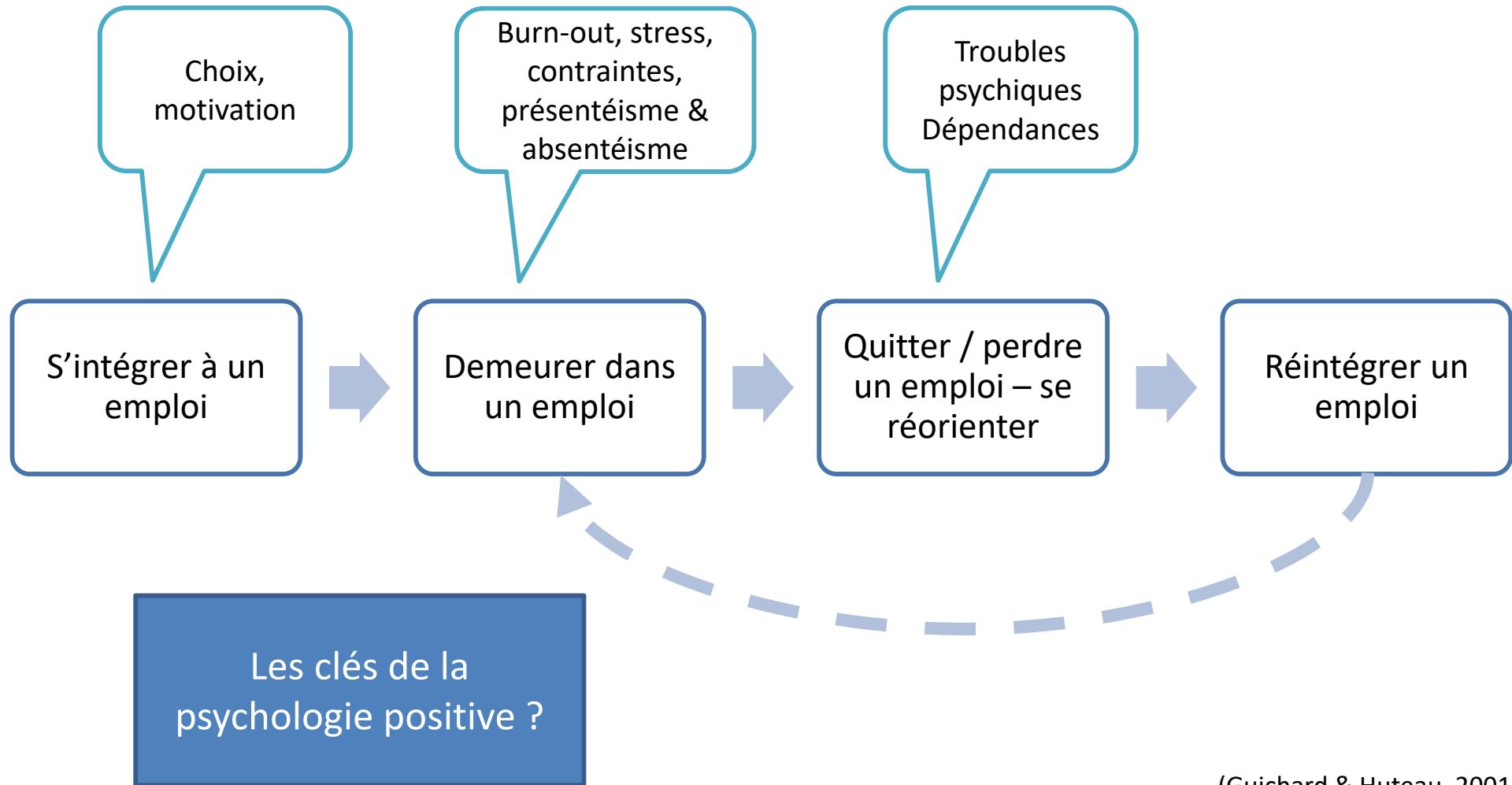
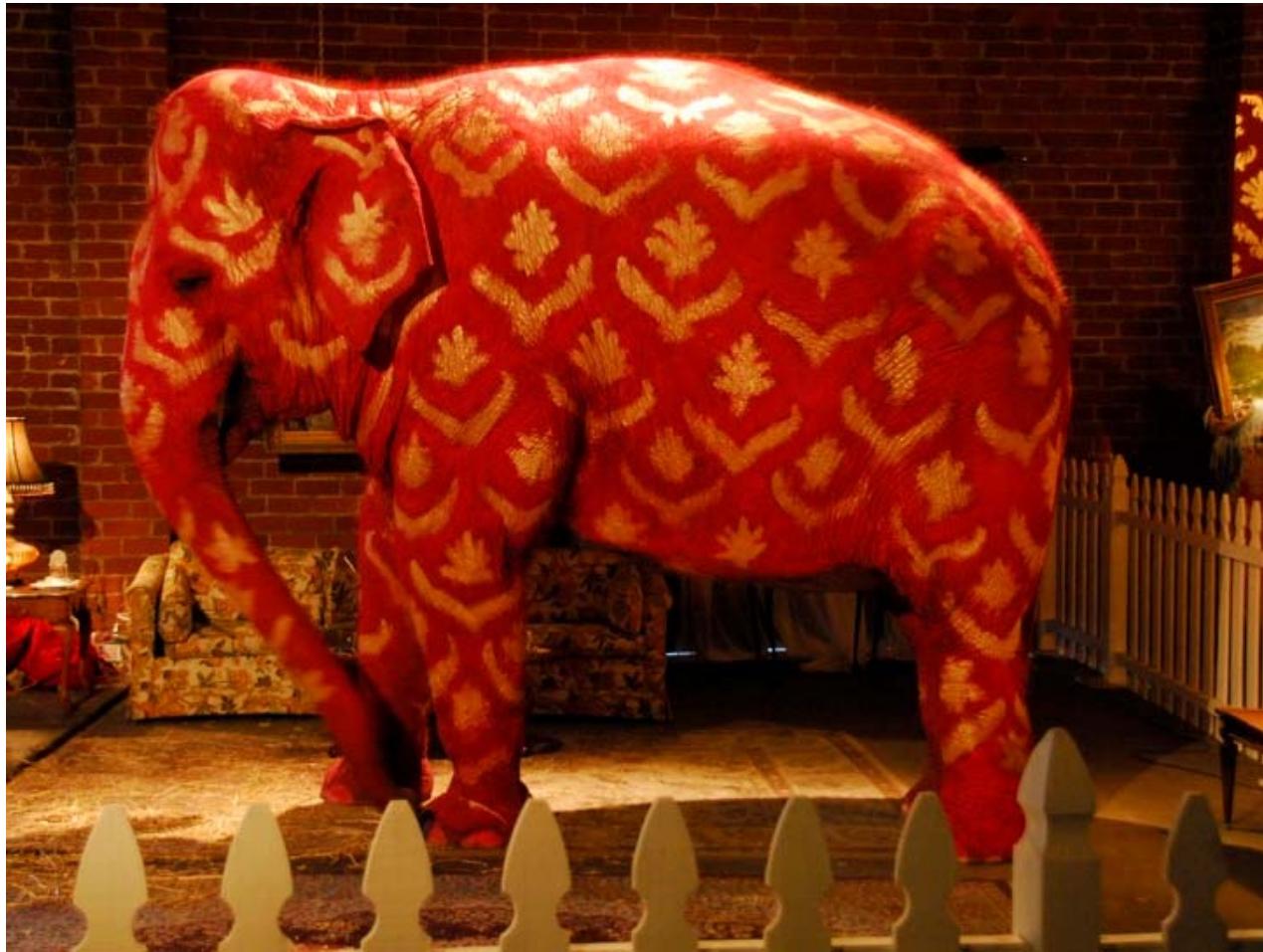


# **ACCOMPAGNER LES TRAJECTOIRES PROFESSIONNELLES : LES CLÉS DE LA PSYCHOLOGIE POSITIVE**

Afterwork du 3 mai 2018 - UNIGE

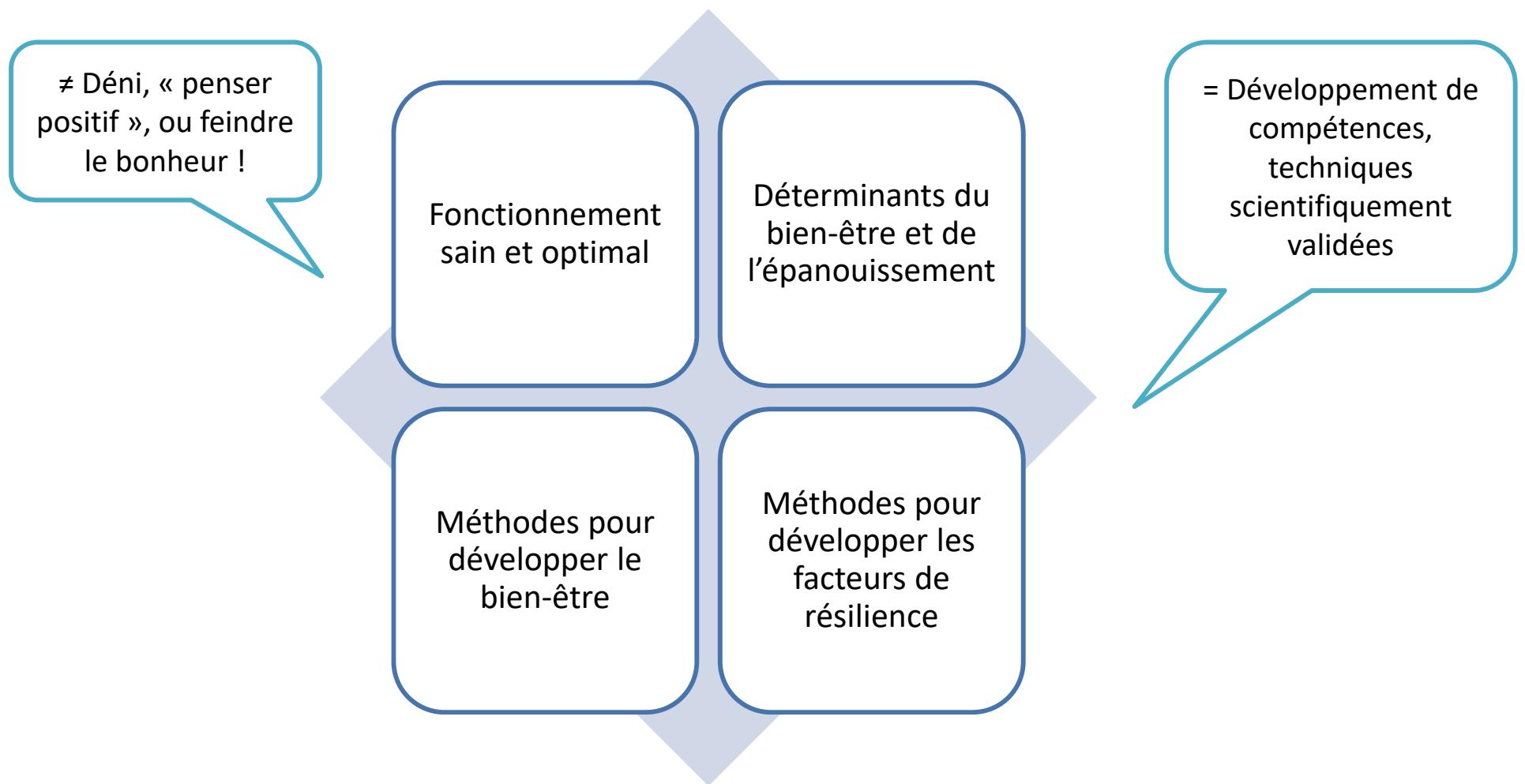
# ACCOMPAGNER LES TRAJECTOIRES PROFESSIONNELLES





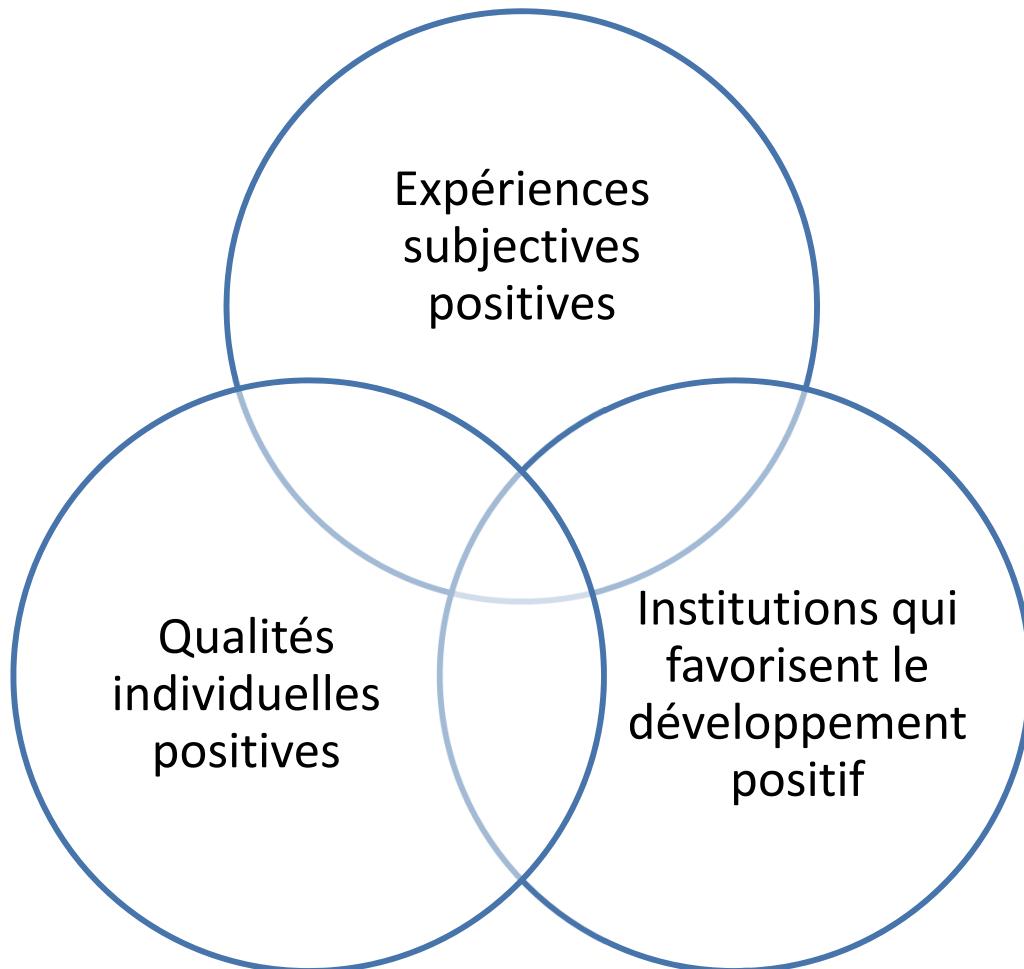
## LA PSYCHOLOGIE POSITIVE

# LA PSYCHOLOGIE POSITIVE : ÉTUDE EMPIRIQUE



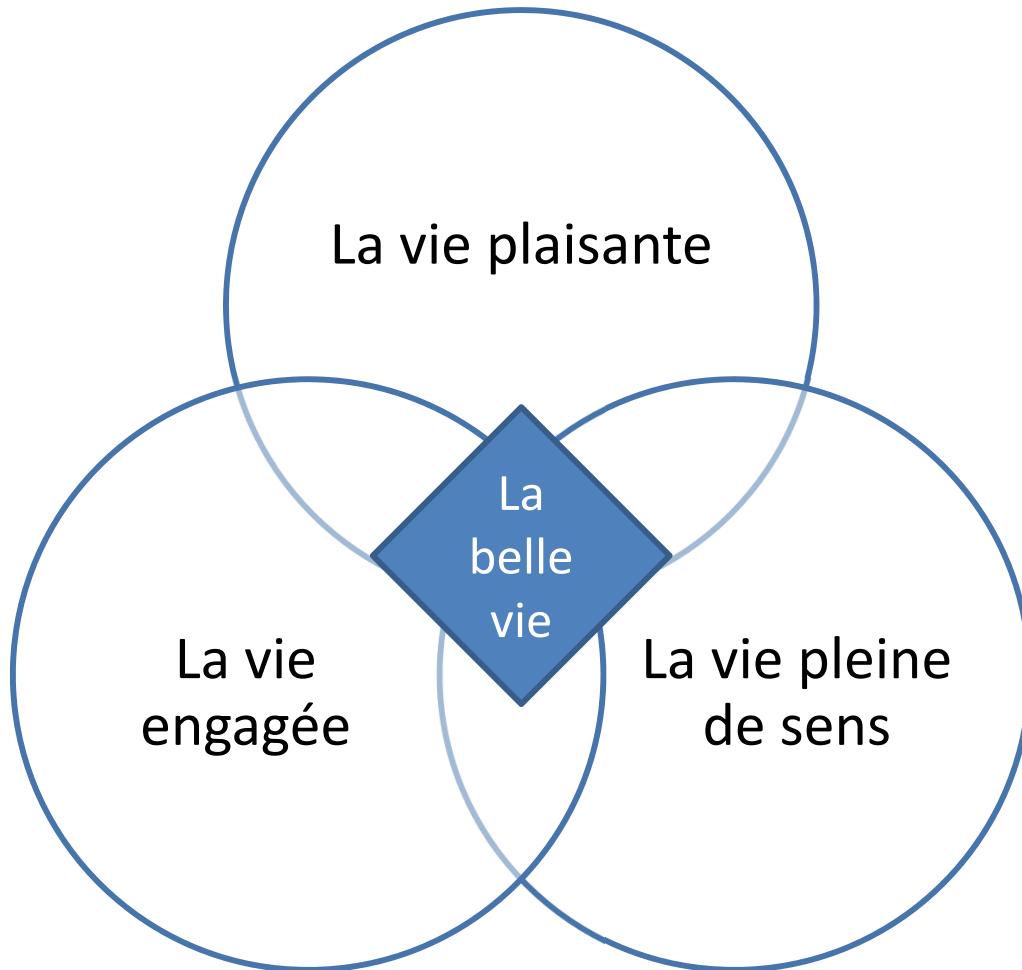
(Shankland, 2014)

# AXES D'ÉTUDES DE LA PSYCHOLOGIE POSITIVE



(Seligman & Csikszentmihalyi, 2000)

# AXES D'INTERVENTION DE LA PSYCHOLOGIE POSITIVE



(Seligman, 2002)

# BONHEUR ET TRAJECTOIRES PROFESSIONNELLES

Réussir ses études

Obtenir un emploi

Donner satisfaction

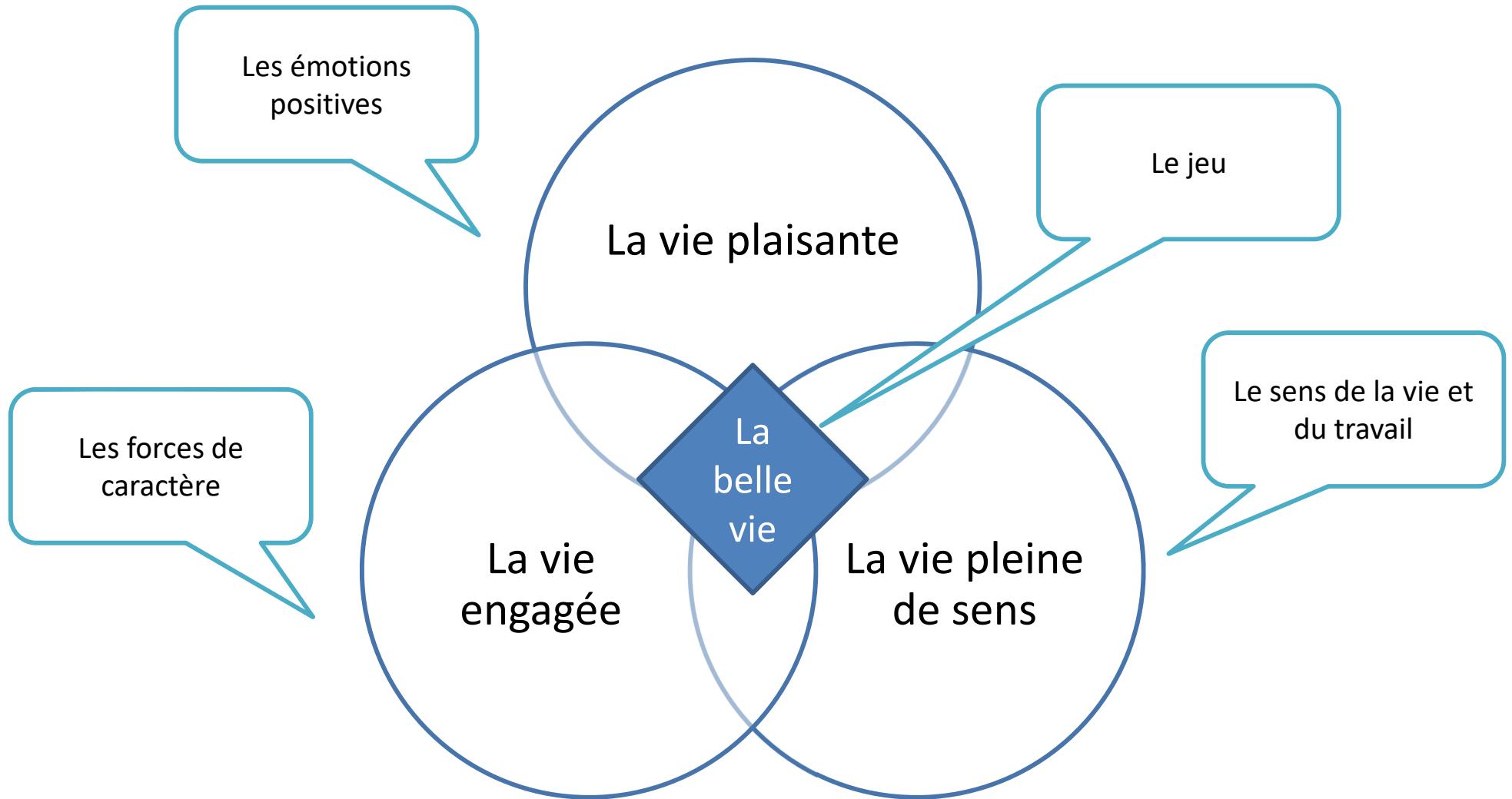
Avoir un revenu élevé

Garder son emploi

Retrouver un emploi

(Diener & al., 2002; Diener & Seligman, 2004; Fischer, 2010)

# ACCOMPAGNER LES TRAJECTOIRES PROFESSIONNELLES



(Seligman, 2002)

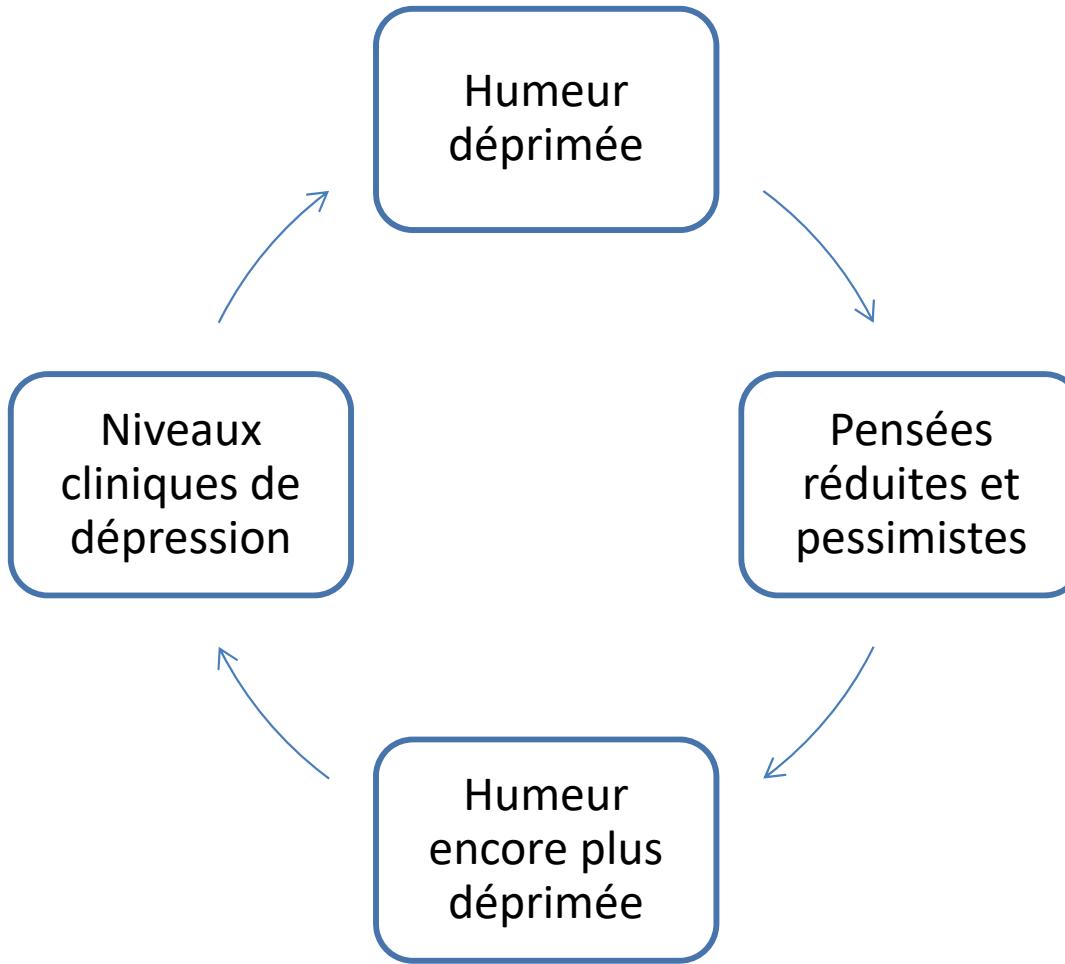


## LES ÉMOTIONS POSITIVES

Favoriser la vie plaisante

# LE RÔLE DES ÉMOTIONS NÉGATIVES





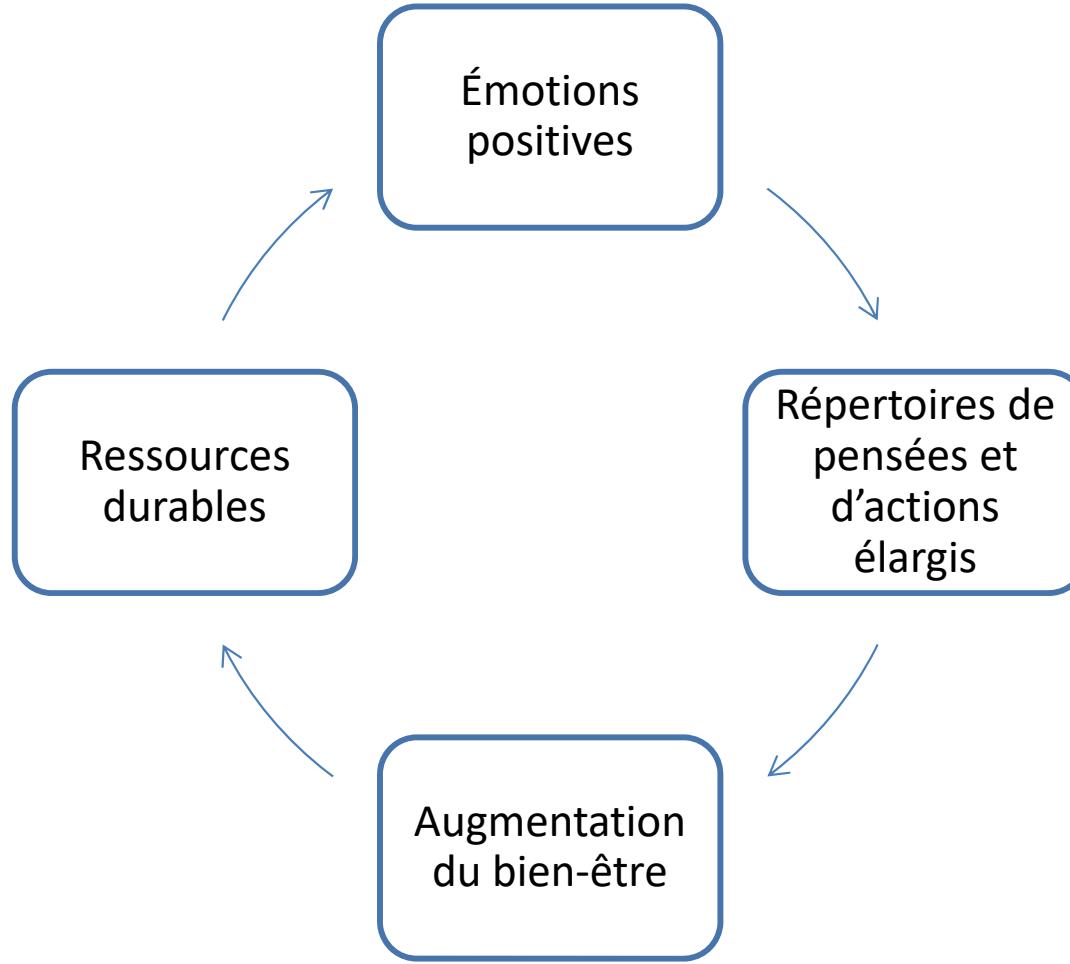
## LE RÔLES DES ÉMOTIONS NÉGATIVES

**La spirale descendante.**

(Beck, 1979; Peterson & Seligman, 1984, in Fredrickson, 2004)

# LE RÔLE DES ÉMOTIONS POSITIVES





## LE RÔLES DES ÉMOTIONS POSITIVES

**La spirale ascendante.**

(Fredrickson, 2004)

# LES ÉMOTIONS POSITIVES

Joie

Gratitude

Sérénité

Intérêt

Espoir

Fierté

Amusement

Inspiration

Admiration

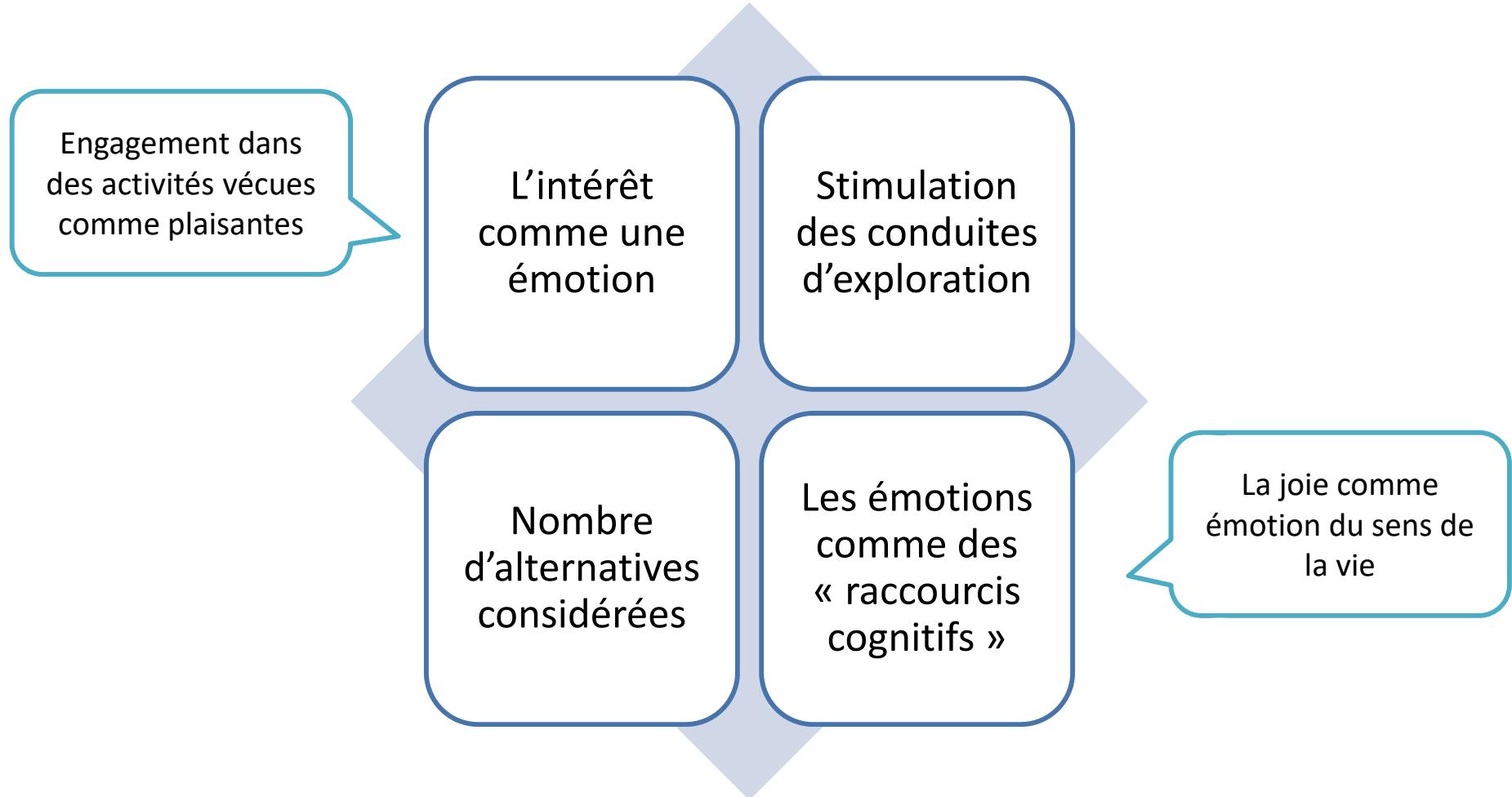
Amour

(Fredrickson, 2013a)

Travaux sur les émotions positives

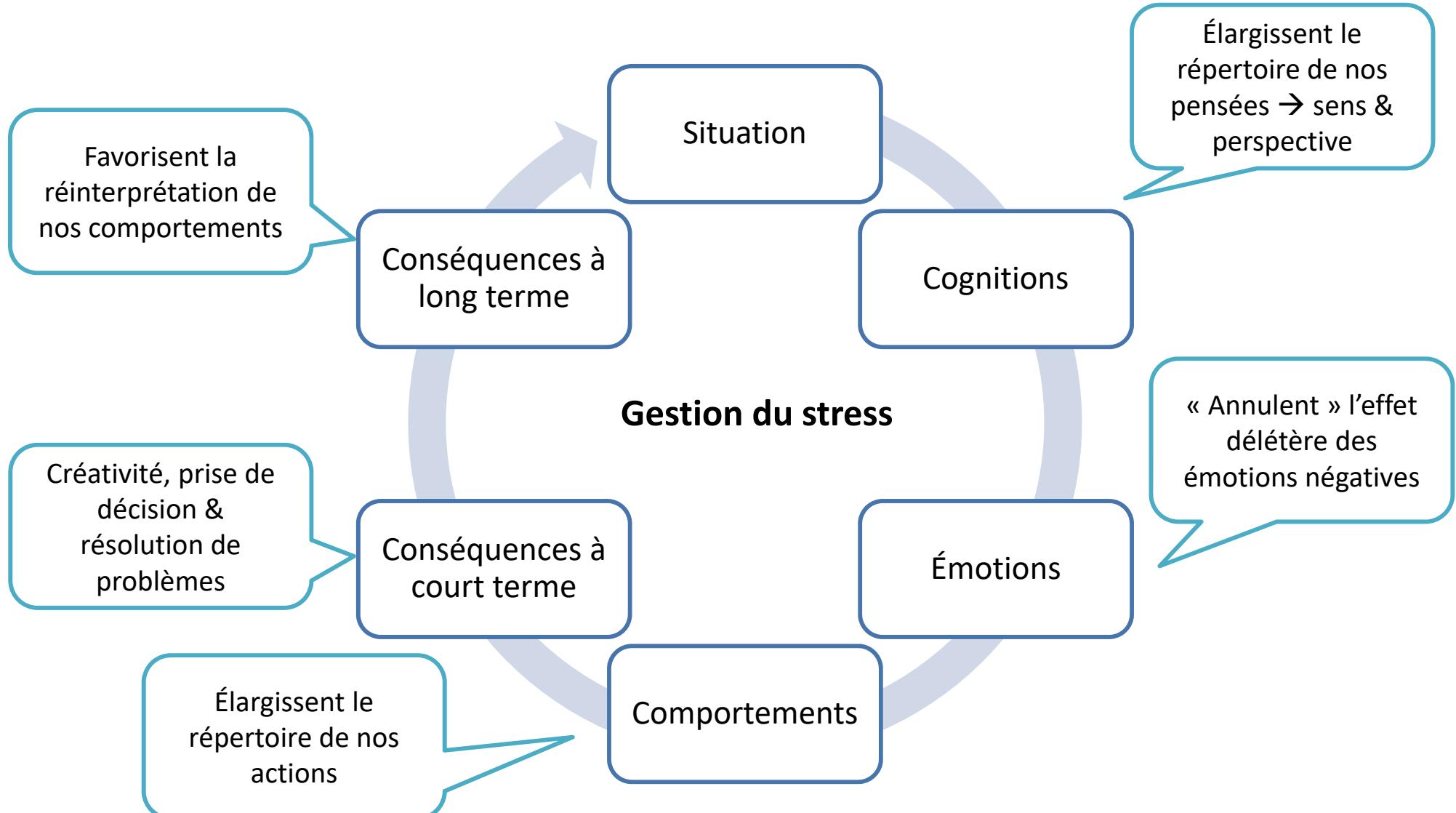
# IMPLICATIONS POUR LES TRAJECTOIRES PROFESSIONNELLES

# ÉMOTIONS POSITIVES & CHOIX PROFESSIONNEL



(Dik & al., 2017; Filliozat, 2016; Fredrickson, 1998, 2001 ; Fredrickson & al., 2003; Harter & al., 2002; Isen, 2001; Murtagh, Lopez & Lyons, 2012; Rochat & Banet,

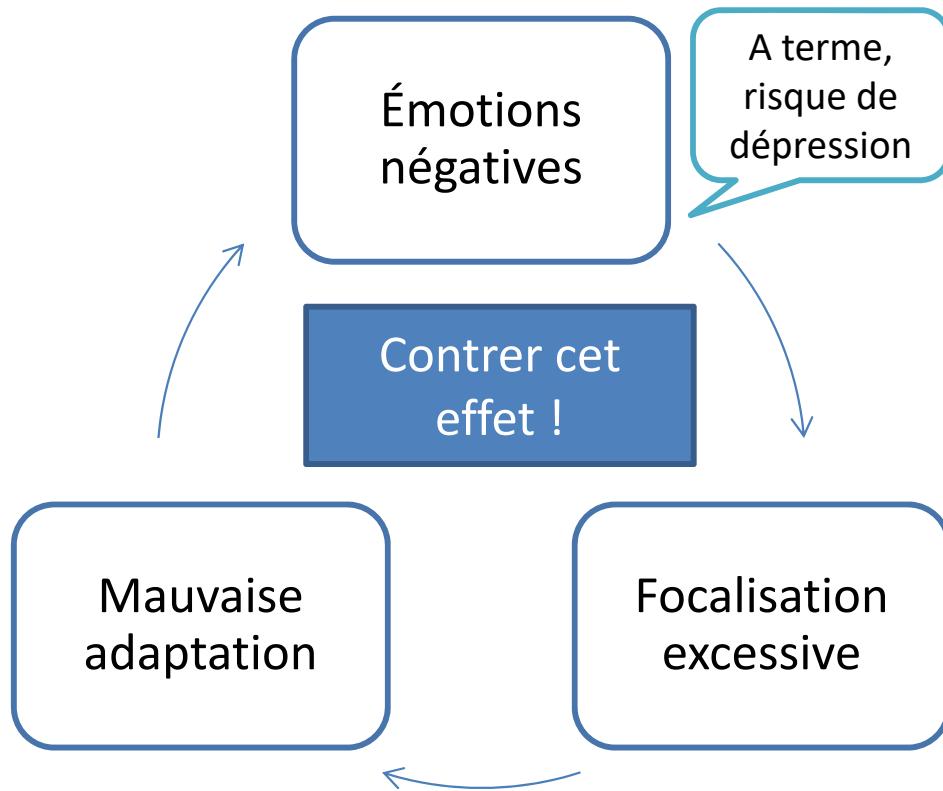
# ÉMOTIONS POSITIVES & TRAVAIL



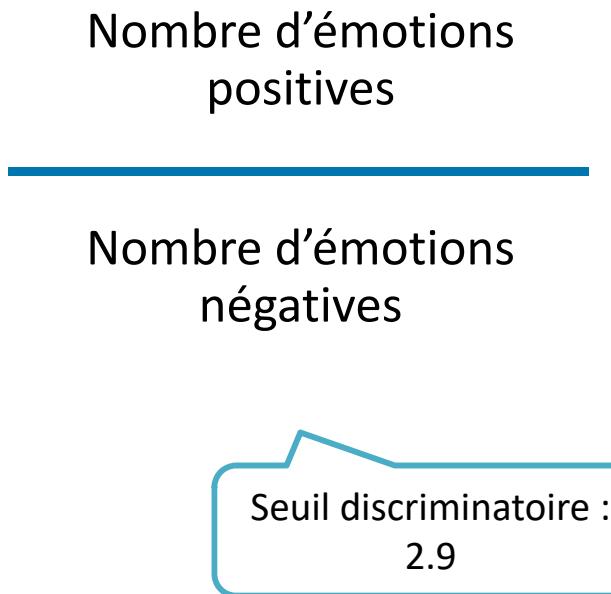
(Fredrickson, 1998, 2001 ; Fredrickson & al., 2003; Isen, 2001; Lehmann-Willenbrock & Allen, 2014)

# ÉMOTIONS POSITIVES & CHÔMAGE

## Effet tunnel

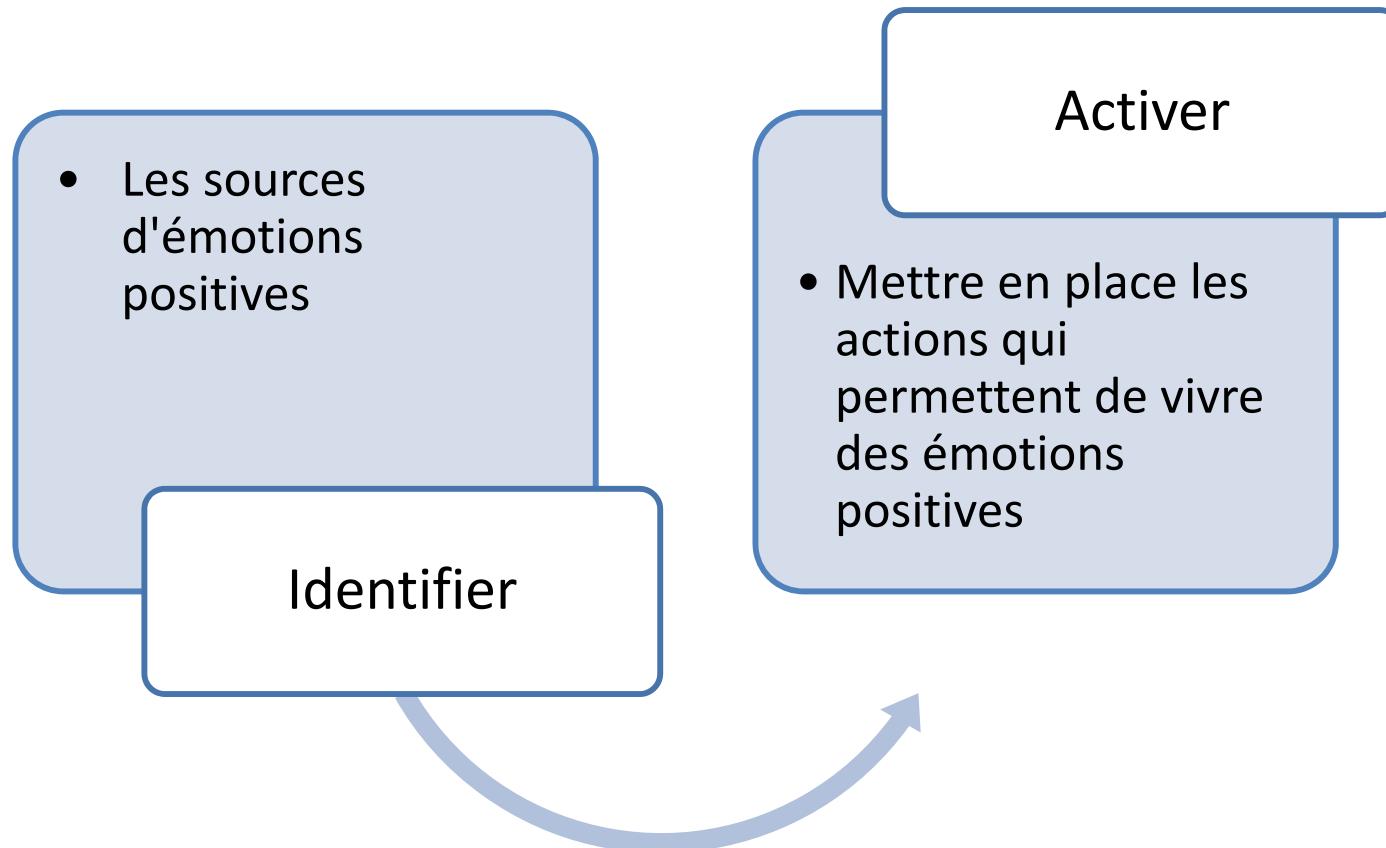


## Ratio d'émotions & santé mentale



(Diehl, Hay & Berg, 2012 ; Fredrickson, 1998, 2001 ; Fredrickson & al., 2003)

# ÉMOTIONS POSITIVES : LES CLÉS



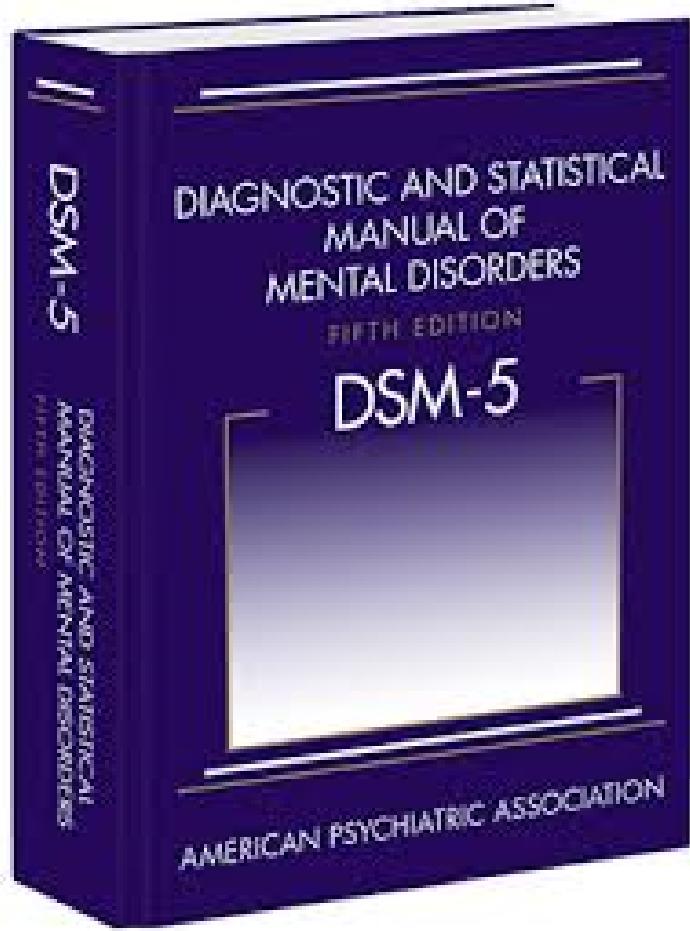
# ÉMOTIONS POSITIVES : LES CLÉS





## LES FORCES DE CARACTÈRE

Encourager une vie engagée

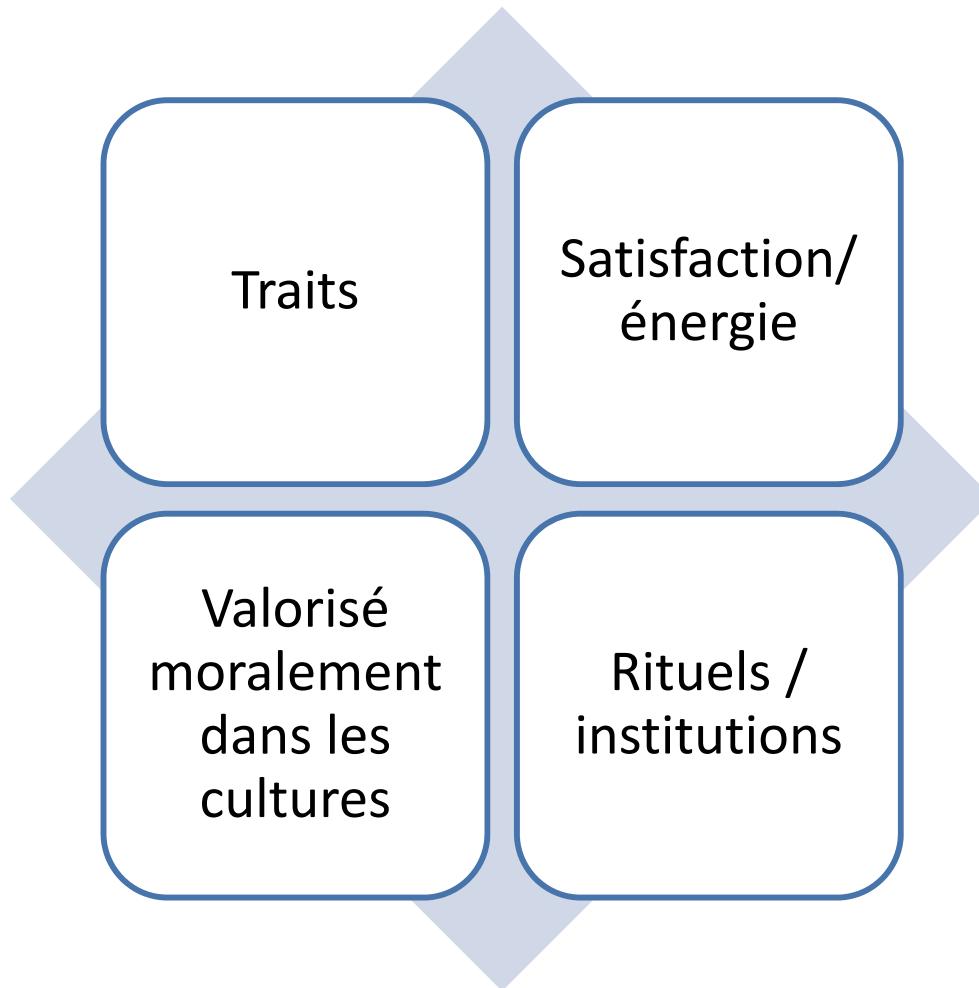


## LA CLASSIFICATION DU VIA

Une alternative au DSM ou à la CIM

(Peterson & Seligman, 2004)

# CARACTÉRISTIQUES DES FORCES DE CARACTÈRE



(Peterson & Seligman, 2004)

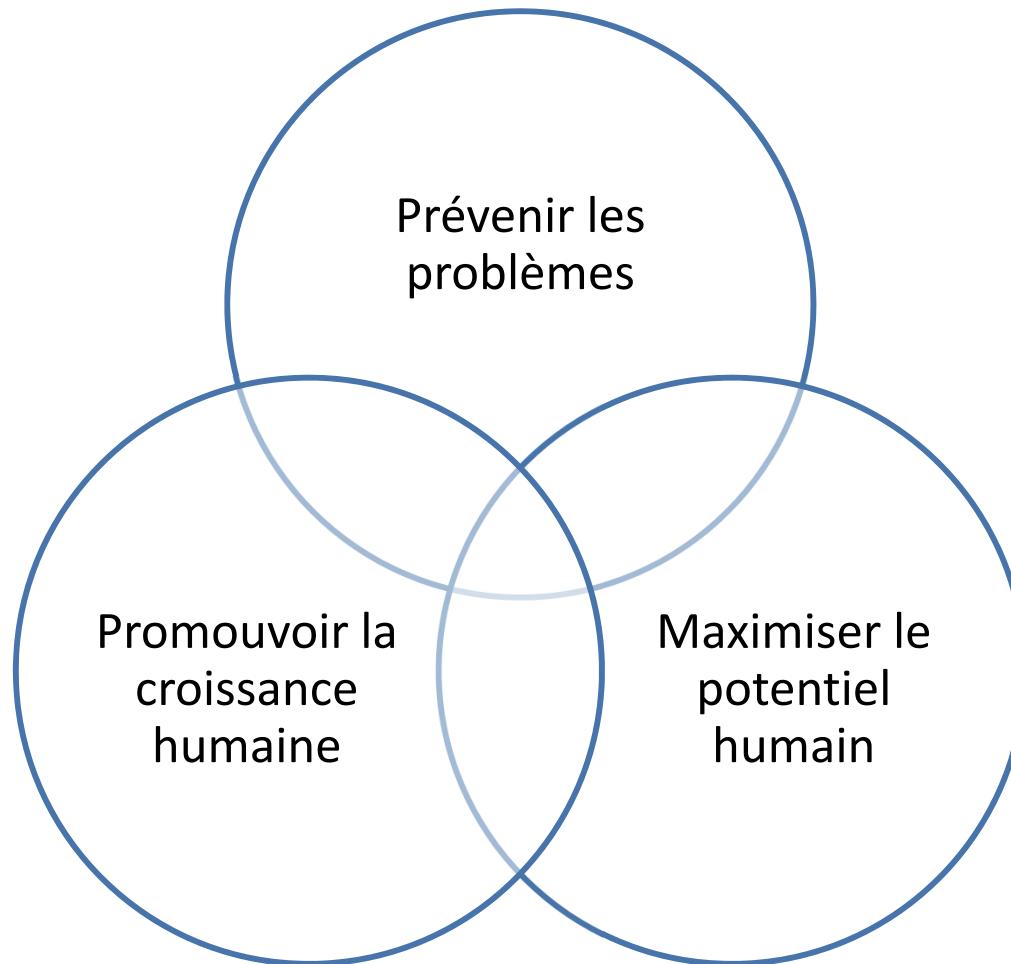
# LES FORCES DE CARACTÈRE

« La signature des forces »

Créativité	Perspective	Vitalité	Collaboration	Modestie	Gratitude
Curiosité	Bravoure	Amour	Equité	Prudence	Espoir
Ouverture	Persévérance	Gentillesse	Leadership	Auto-régulation	Humour
Amour de l'apprentissage	Honnêteté	Intelligence sociale	Pardon	Appréciation de la beauté	Spiritualité

(Peterson & Seligman, 2004)

# APPROCHE CENTRÉE SUR LES FORCES

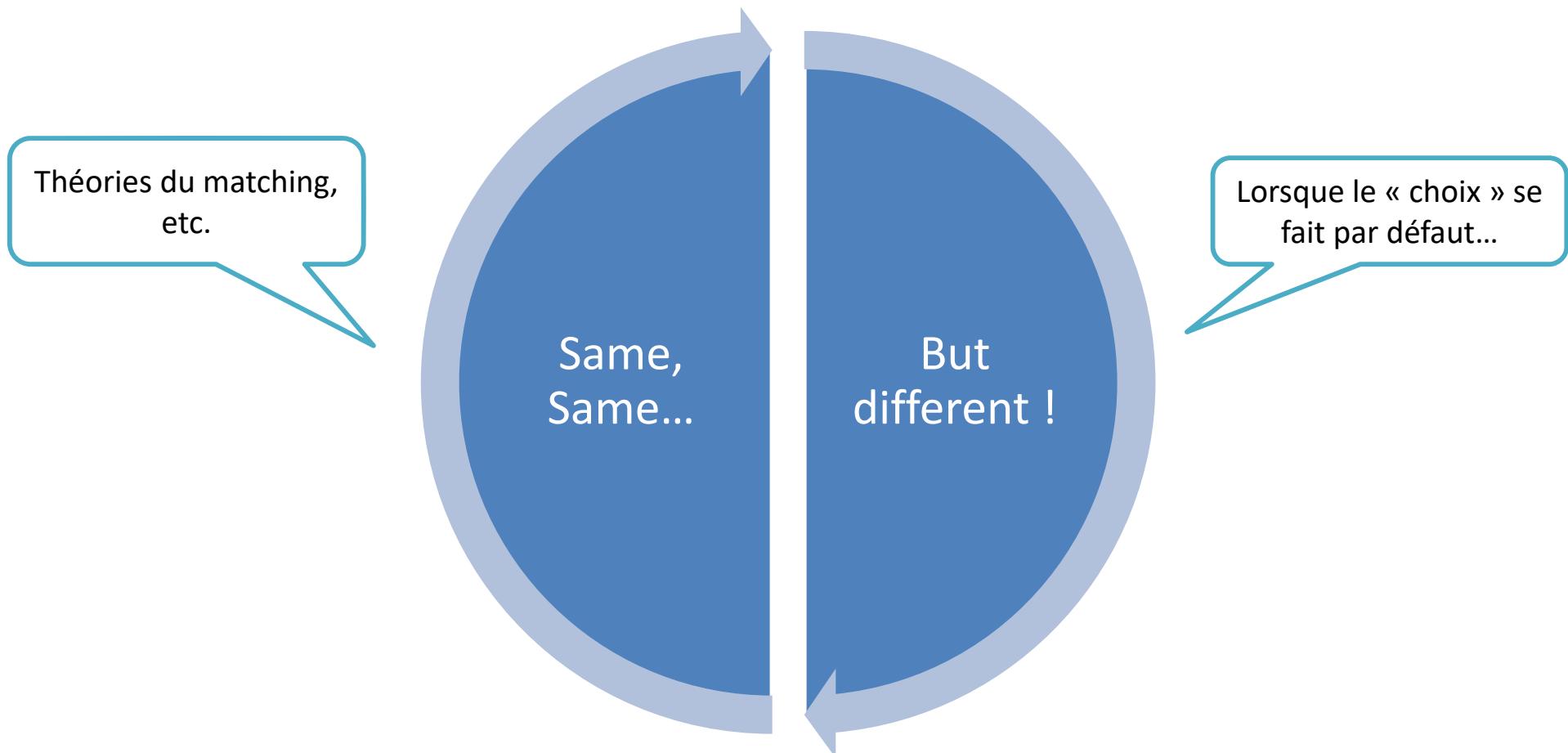


(Allan & al., 2017)

Travaux sur les forces de caractère

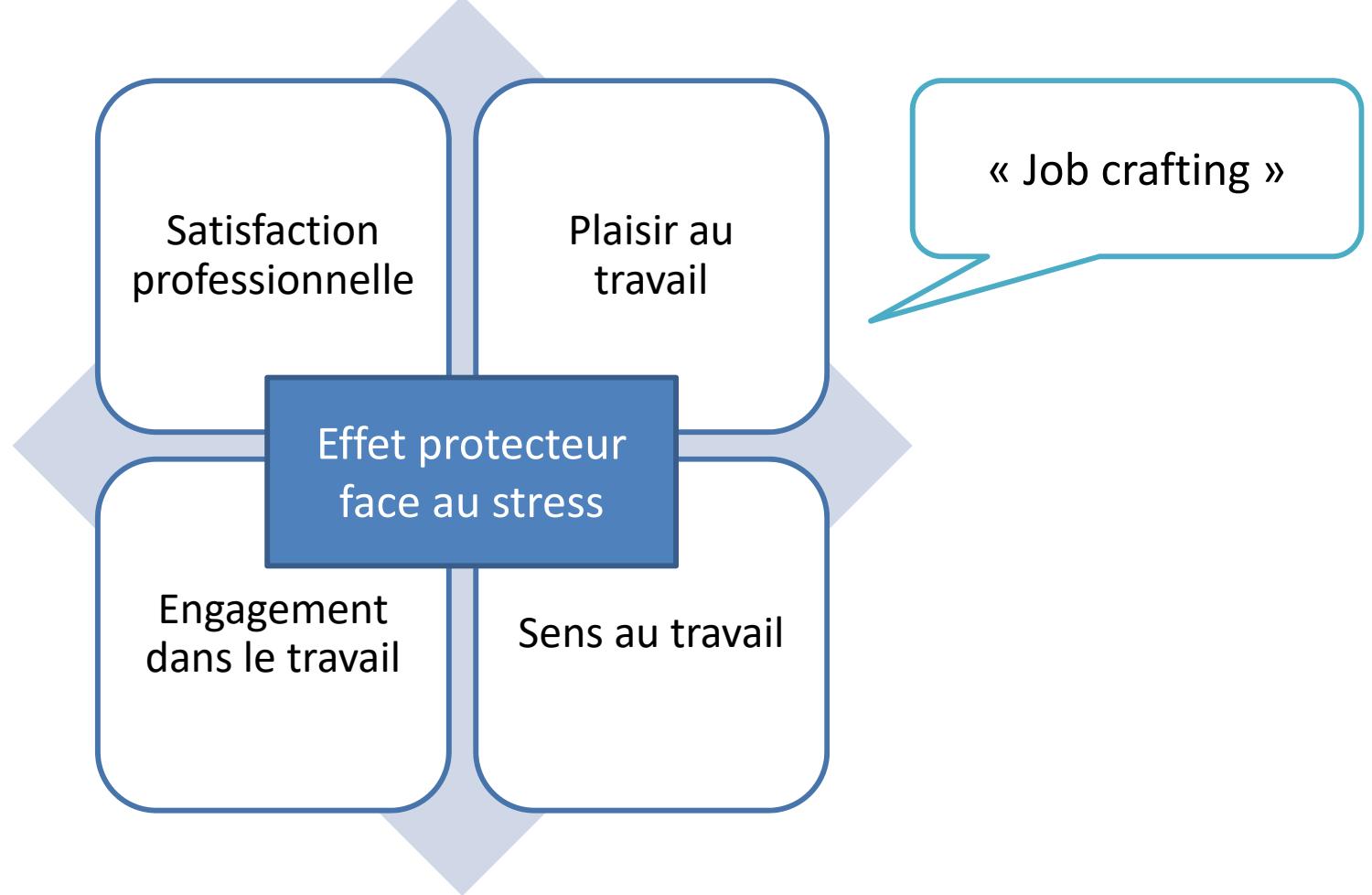
# IMPLICATIONS POUR LES TRAJECTOIRES PROFESSIONNELLES

# FORCES DE CARACTÈRE & CHOIX PROFESSIONNEL



(Dik & al., 2017; Eggerth, 2008)

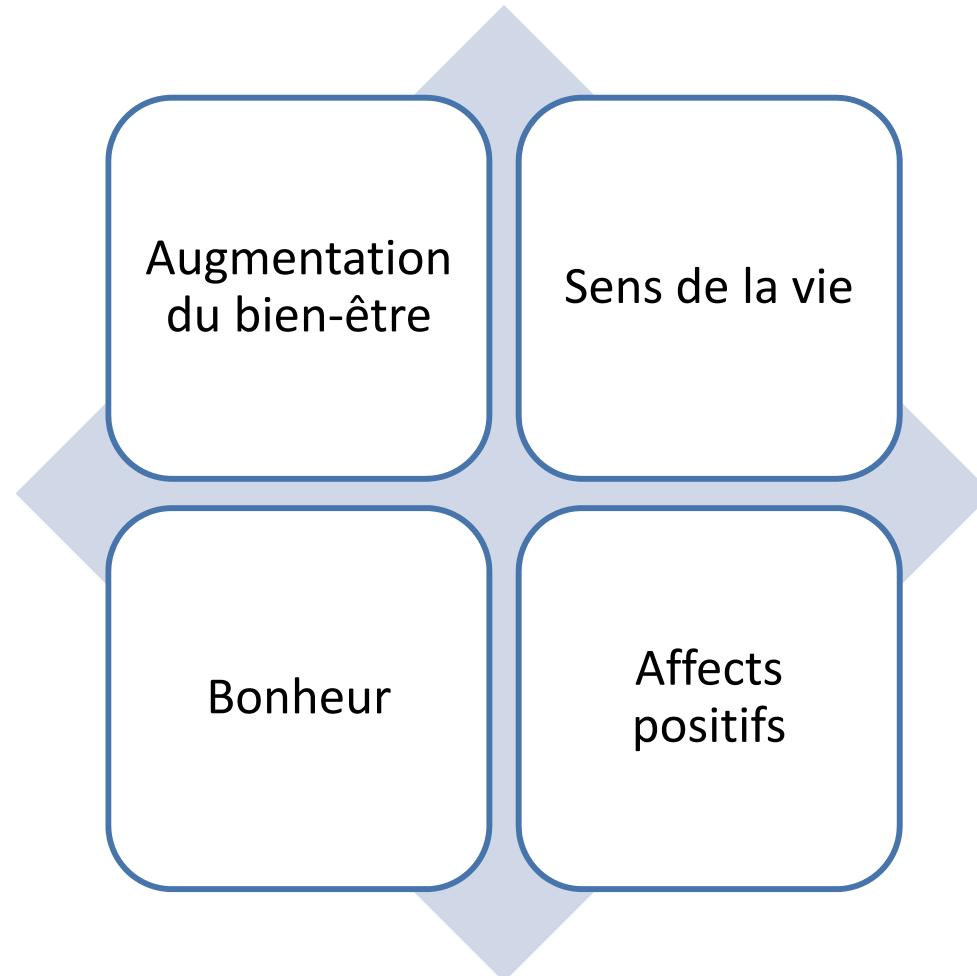
# FORCES DE CARACTÈRE & TRAVAIL



(Harter & Ruch, 2012; 2015; Littman-Ovadia & al., 2016;  
Wrzesniewski & Dutton, 2001)

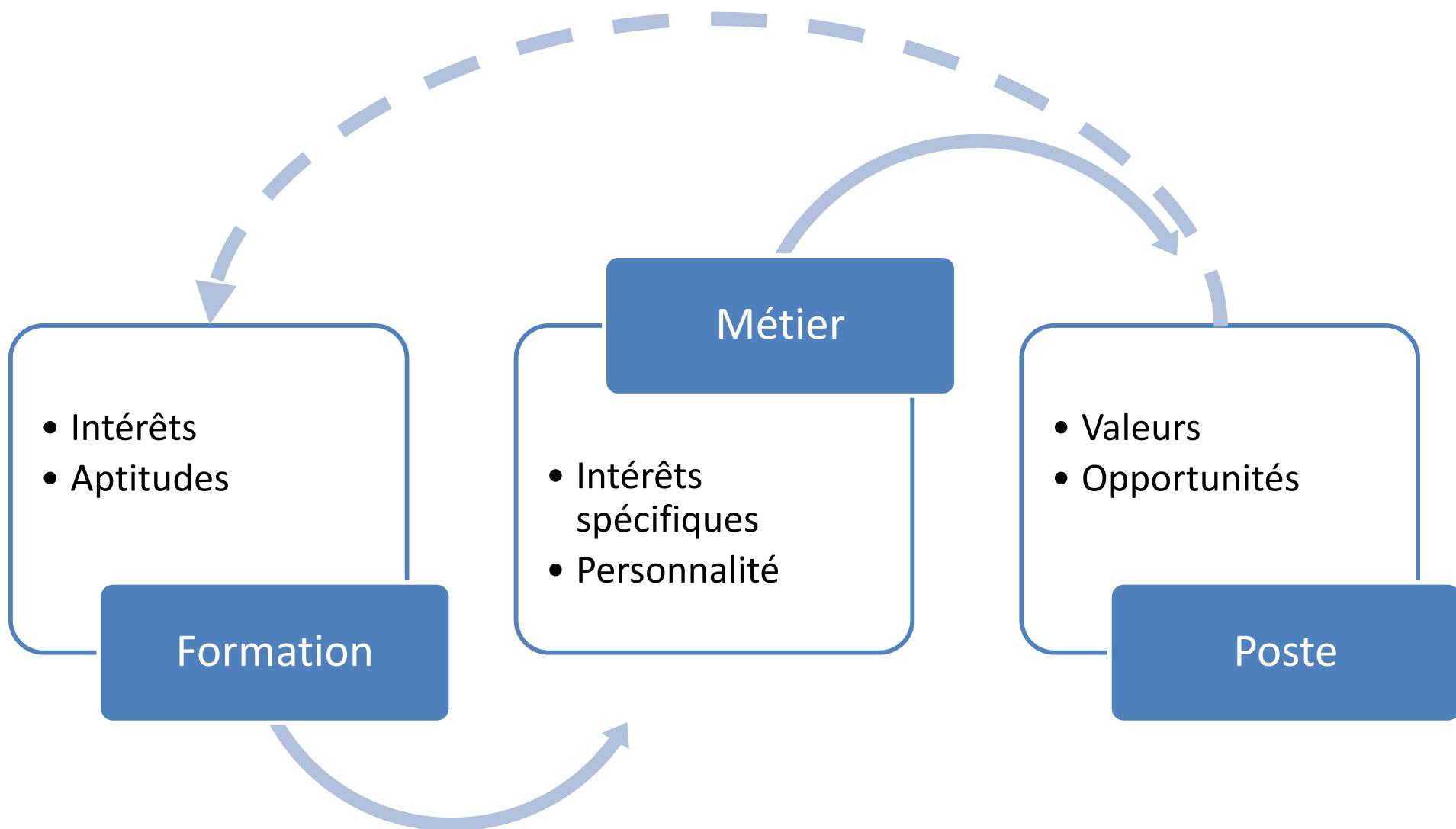
# FORCES DE CARACTÈRE & CHÔMAGE

## Utiliser ses forces de caractère

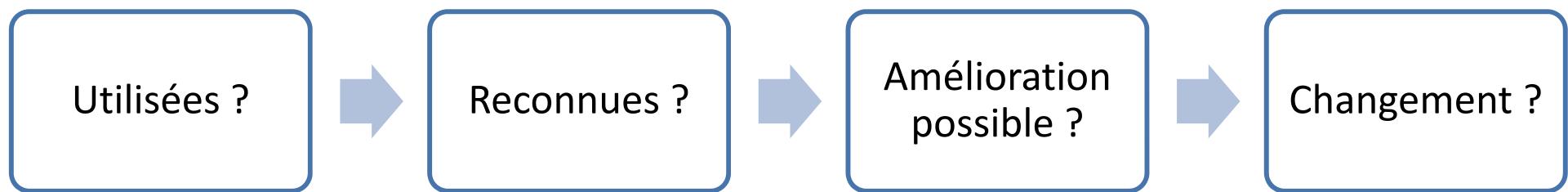


(Allan & al., 2017)

# FORCES DE CARACTÈRE & RÉORIENTATION

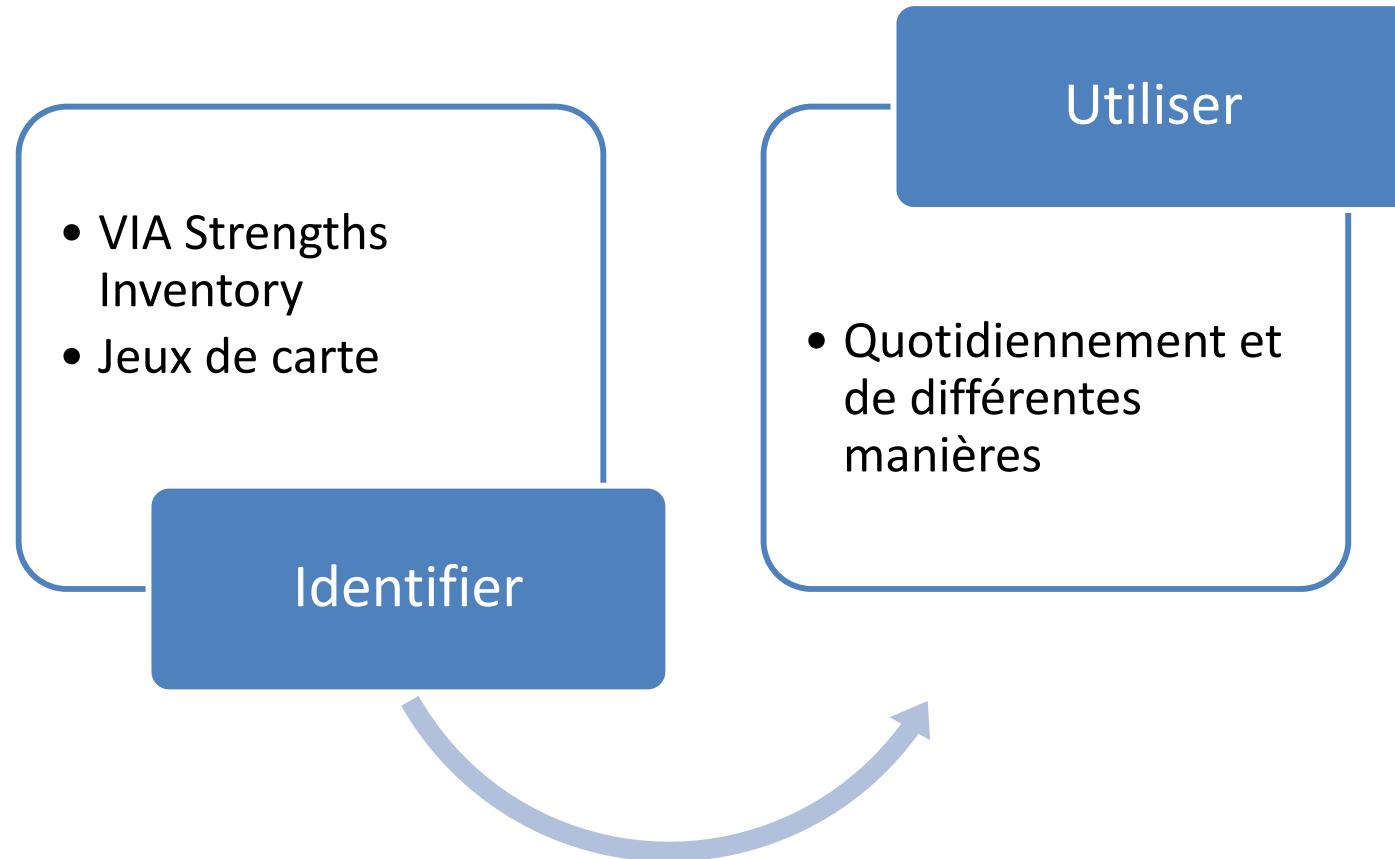


# FORCES DE CARACTÈRE & RÉORIENTATION



(cf. Cohen, 2003)

# FORCES DE CARACTÈRE : LES CLÉS



(Allan & al., 2017 ; Linley & al. 2010 ; Peterson & Seligman, 2004)

# FORCES DE CARACTÈRE



« Notre grande erreur est d'essayer  
d'obtenir de chacun en particulier  
des vertus qu'il n'a pas, et de  
négliger de cultiver celles qu'il  
possède »

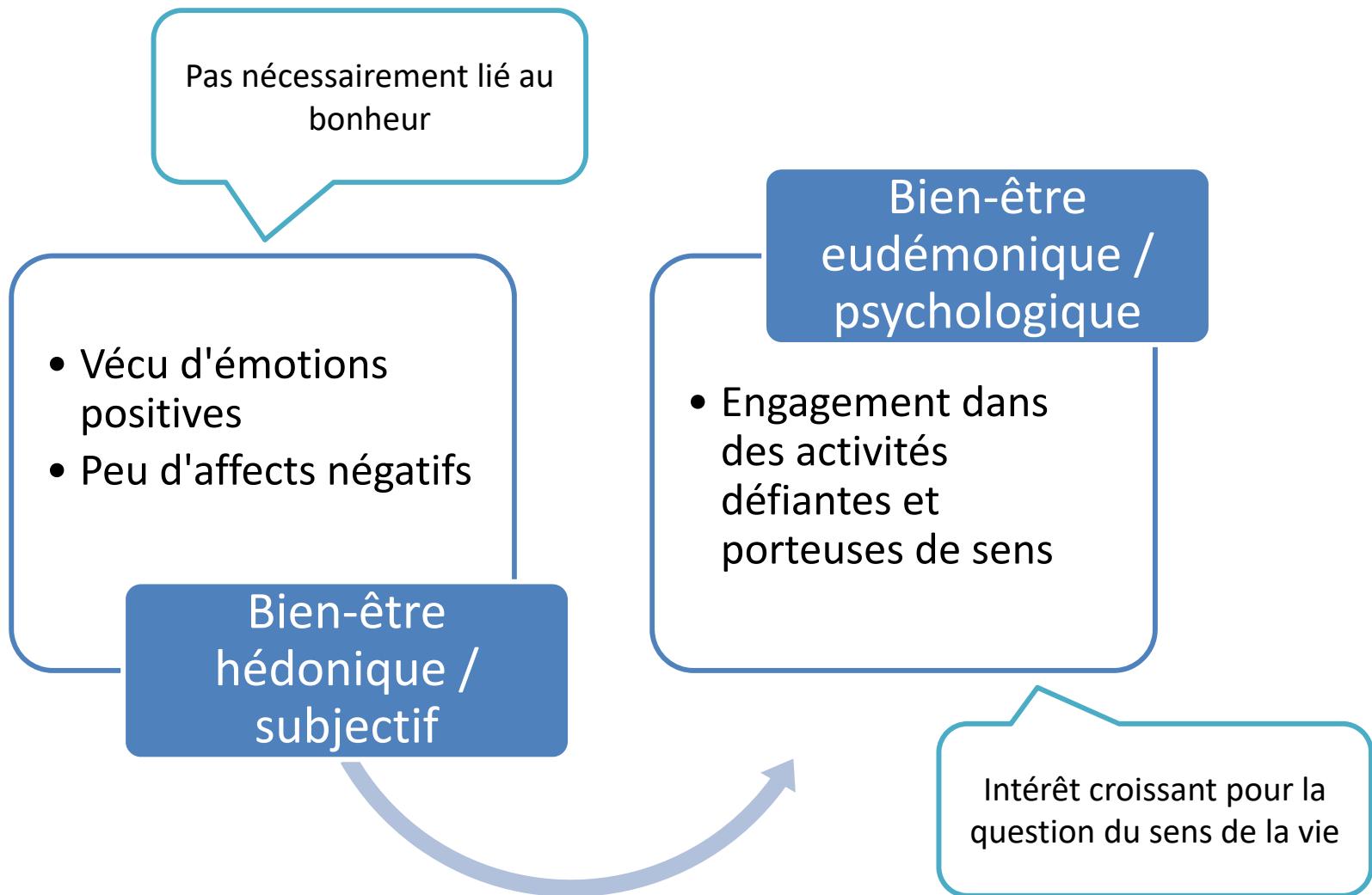
(Marguerite Yourcenar, *Mémoires d'Hadrien*)



## LE SENS DE LA VIE ET DU TRAVAIL

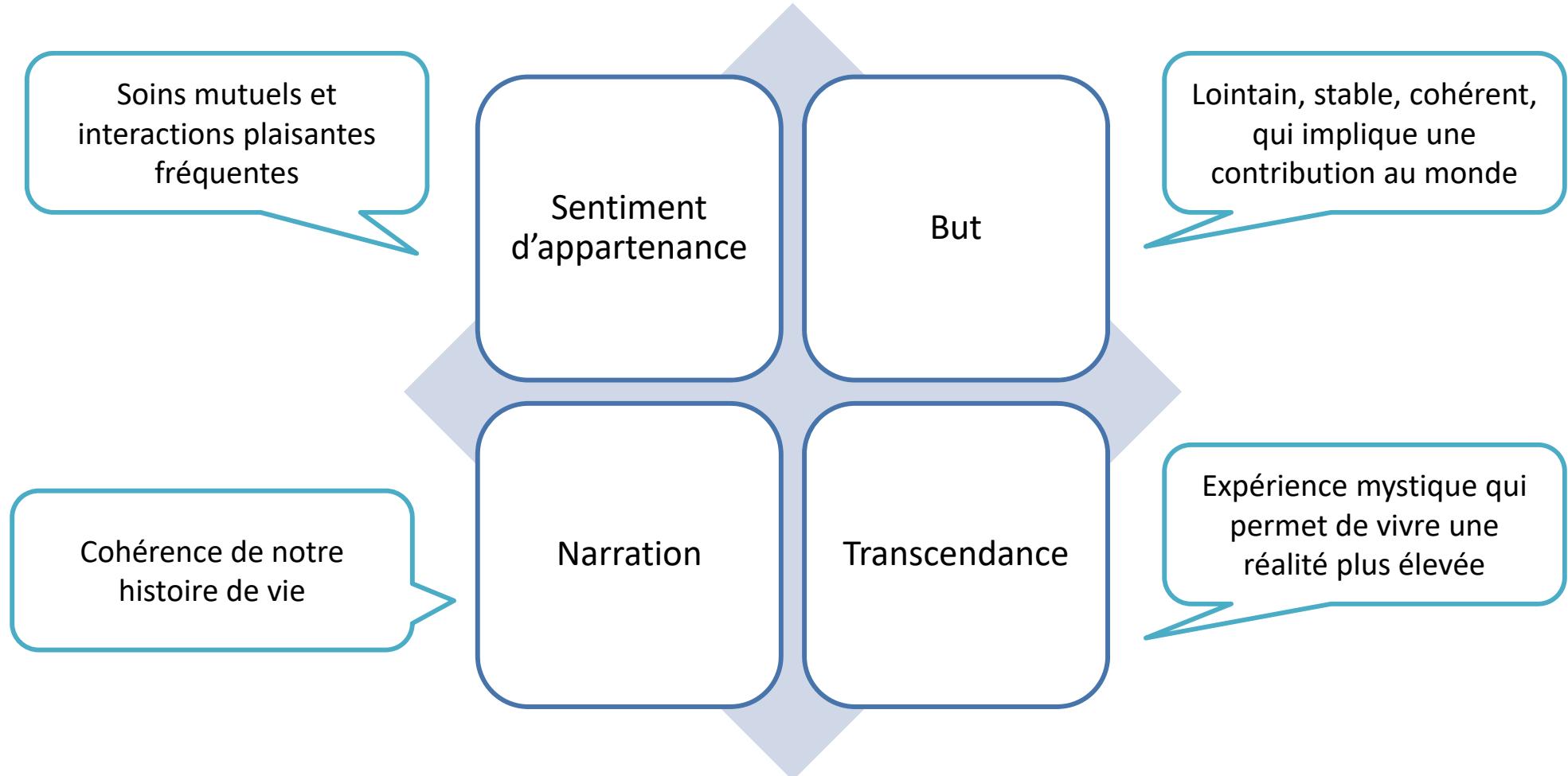
Accéder à une vie pleine de sens

# LE BONHEUR EN PSYCHOLOGIE POSITIVE



(Deci & Ryan, 2008; Smith, 2017)

# LE SENS DE LA VIE

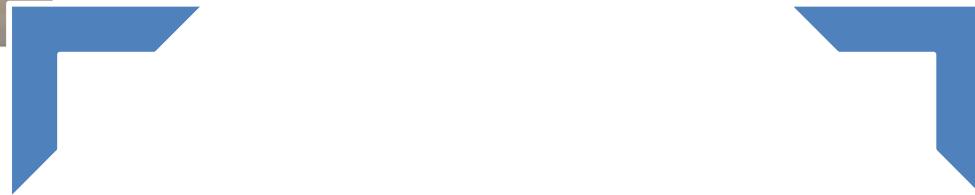


(Smith, 2017)

Travaux sur le sens de la vie

# IMPLICATIONS POUR LES TRAJECTOIRES PROFESSIONNELLES

# SENS & CHOIX PROFESSIONNEL

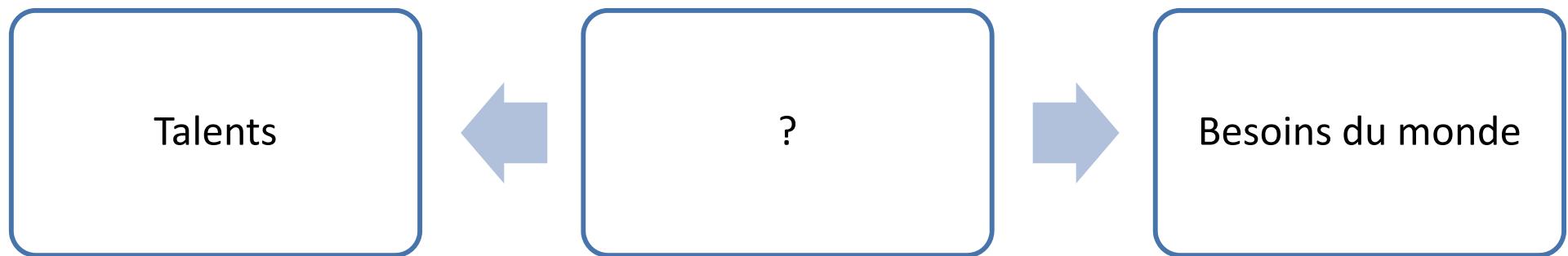


« Là où vos talents et les besoins du monde se rencontrent, là est votre vocation »



(Aristote)

# SENS & CHOIX PROFESSIONNEL



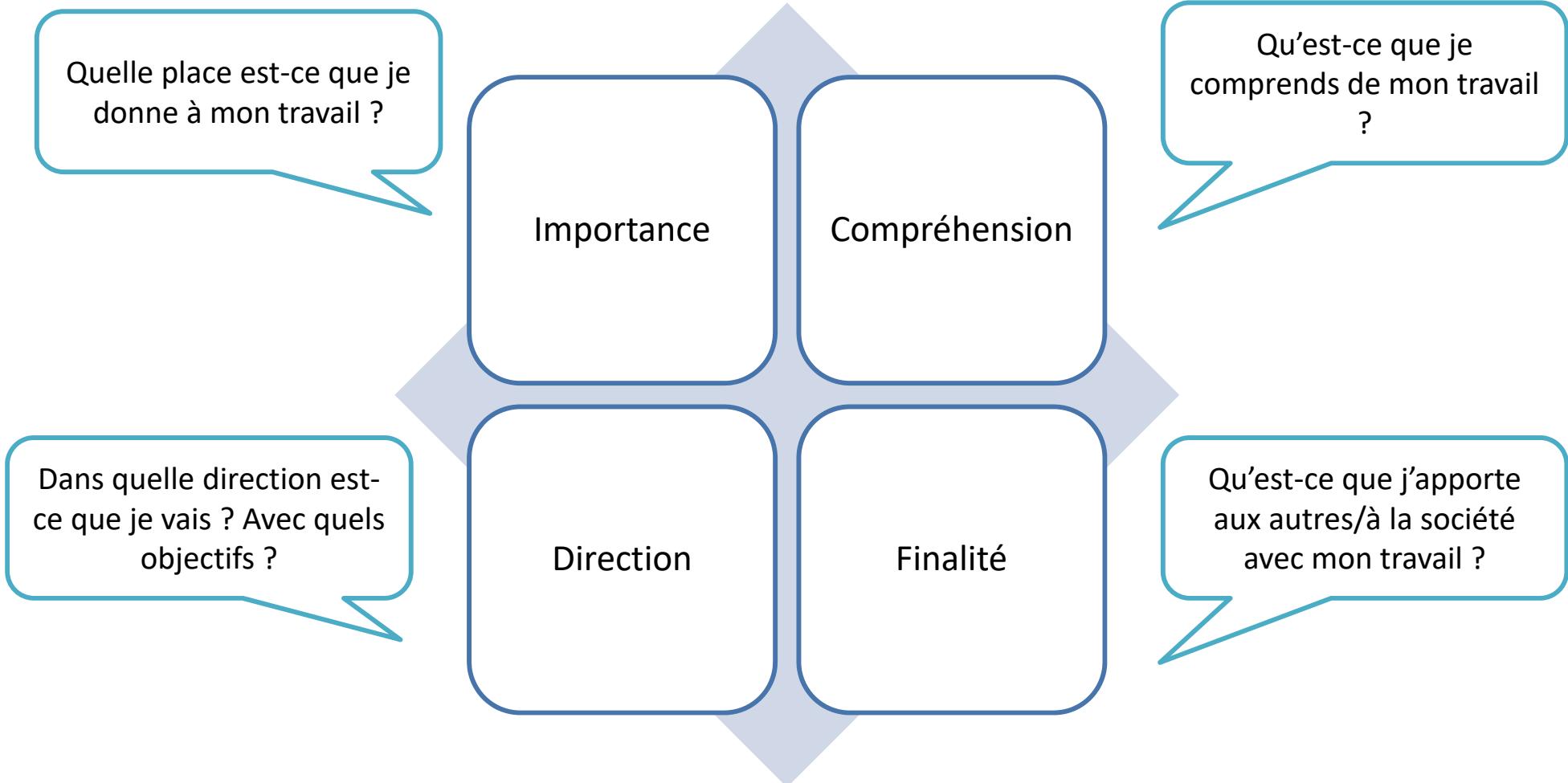
# SENS & CHOIX PROFESSIONNEL

Connecter le choix professionnel aux enjeux du monde



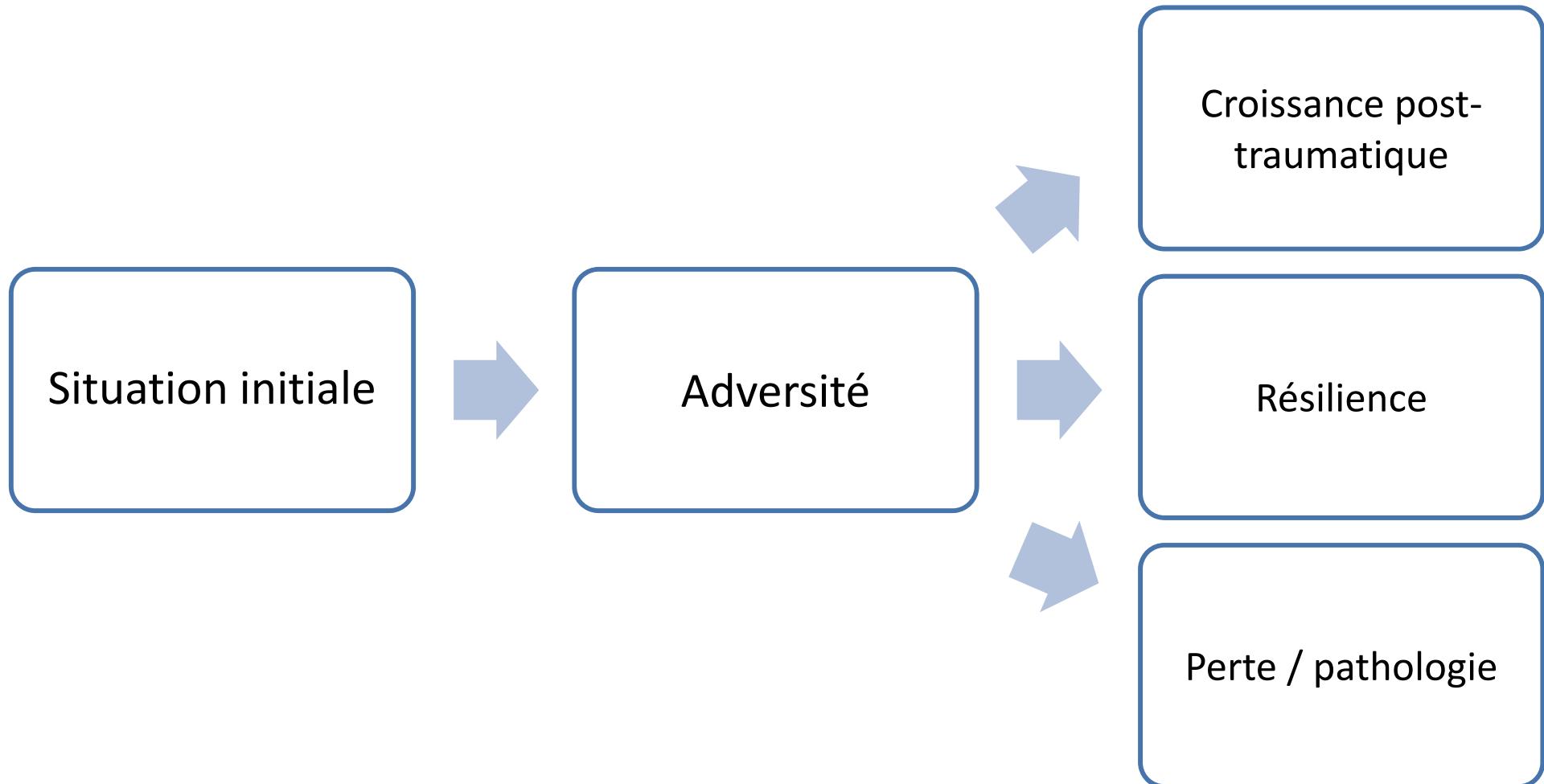
(Guichard, 2016; Rochat & Masdonati, en préparation; UNESCO, 2015)

# SENS & TRAVAIL



(Arnoux-Nicolas, 2015)

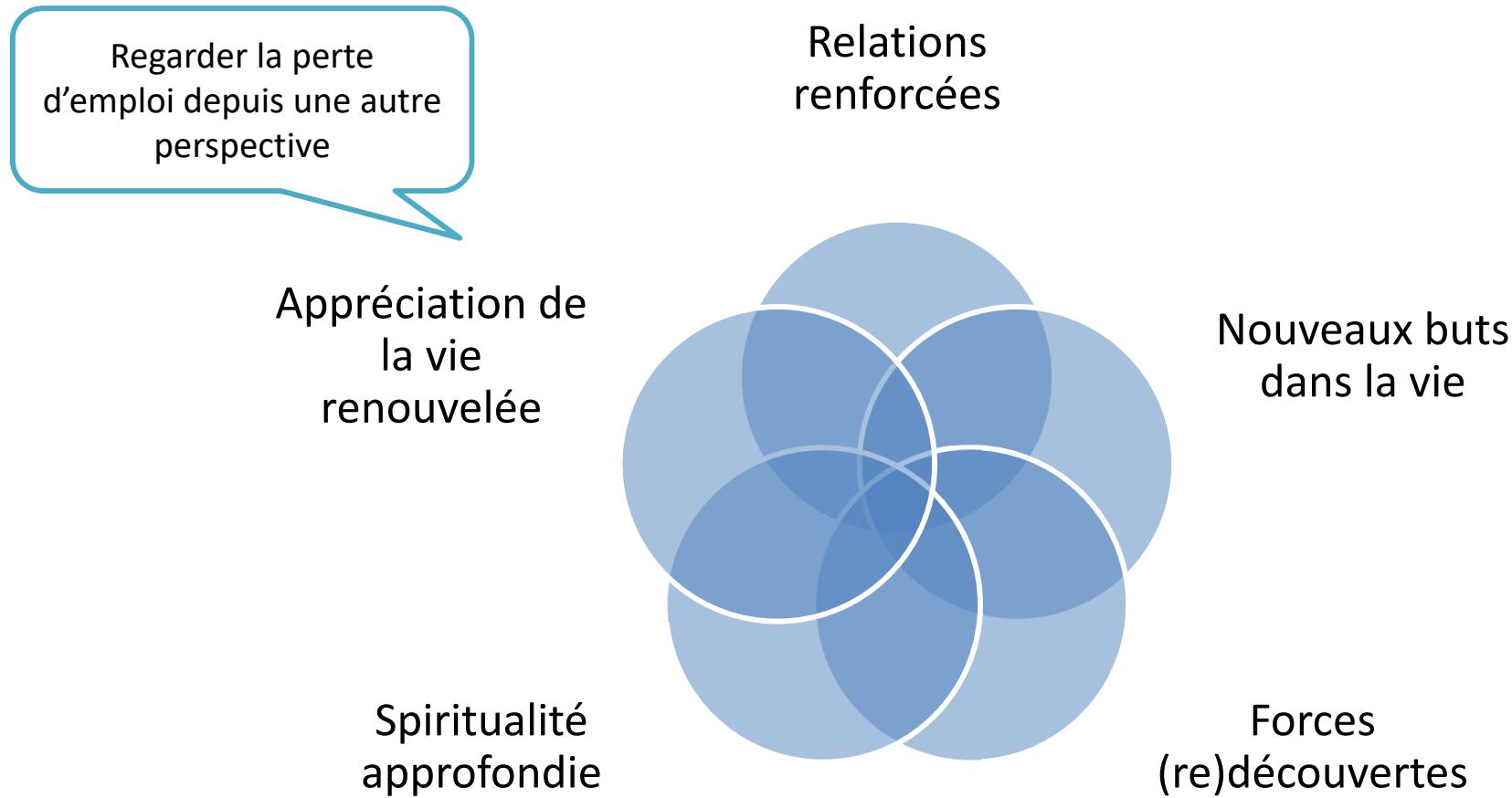
# SENS & CHÔMAGE



(e.g., Richardson, 2002)

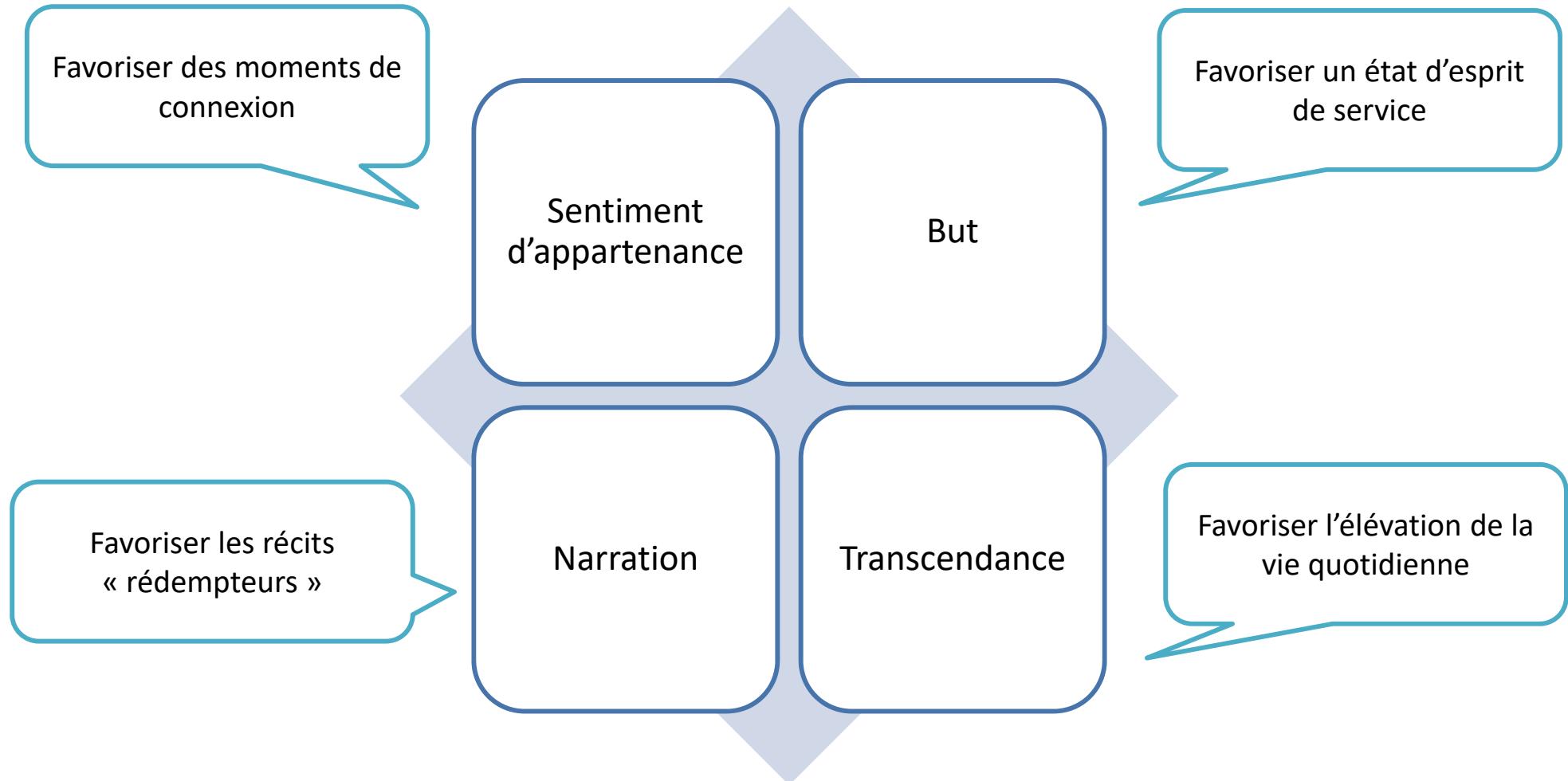
# SENS & CHÔMAGE

## La croissance post-traumatique



(King & Miner, 2000; Tedeschi & Calhoum, 2008)

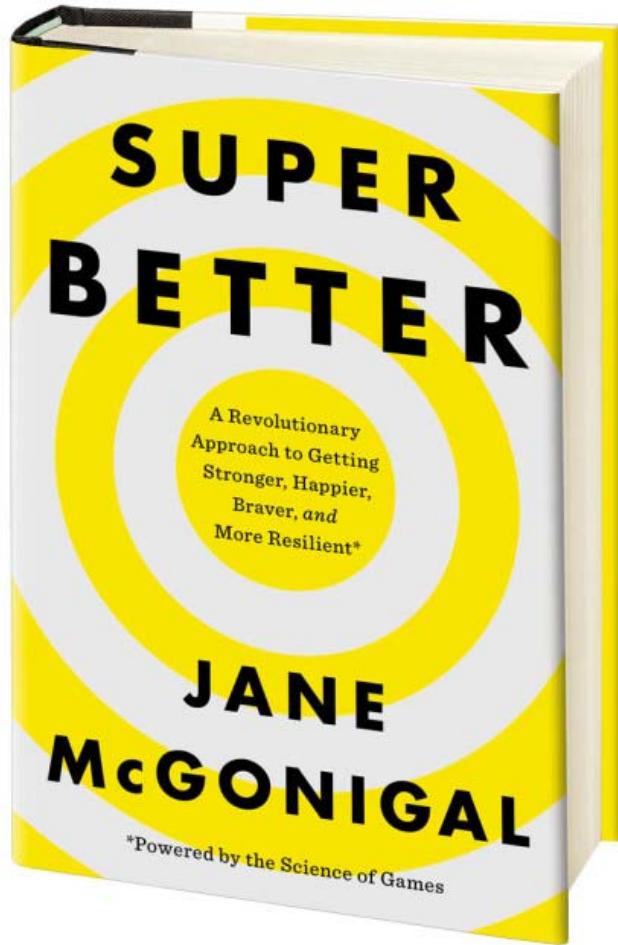
# SENS DE LA VIE : LES CLÉS



(Smith, 2017)



## LA BELLE VIE



## SUPER BETTER

Jane McGonigal (2015)

# BELLE VIE & CHOIX PROFESSIONNEL, TRAVAIL ET CHÔMAGE



# BELLE VIE & CHOIX PROFESSIONNEL, TRAVAIL ET CHÔMAGE

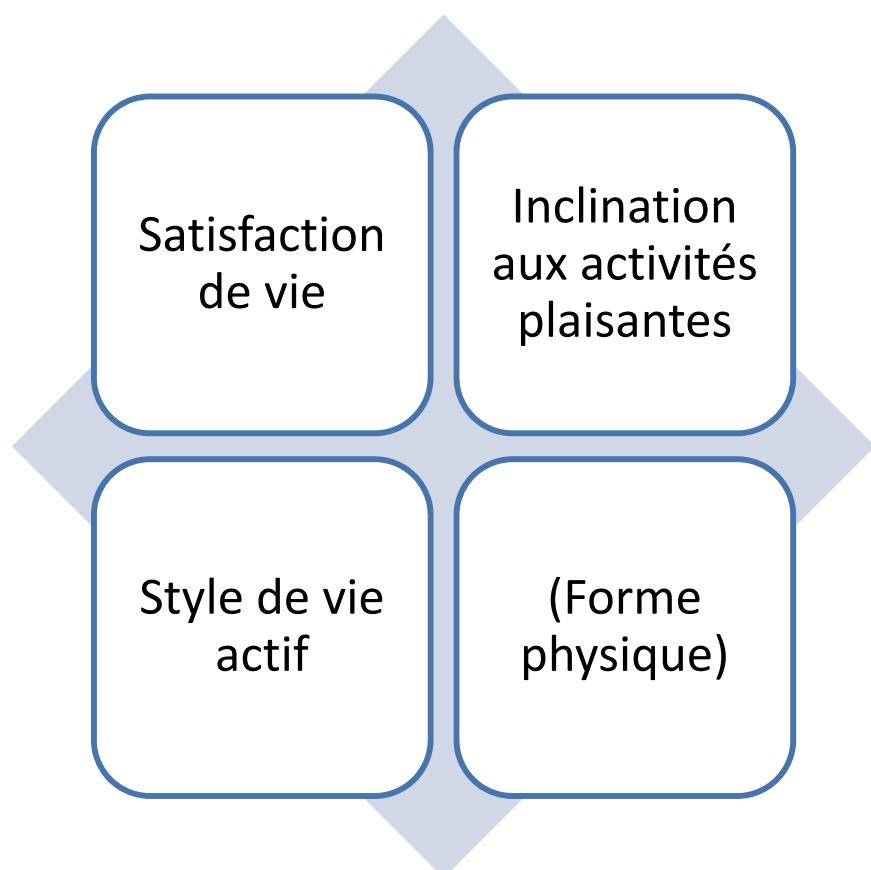


# BELLE VIE & CHOIX PROFESSIONNEL, TRAVAIL ET CHÔMAGE

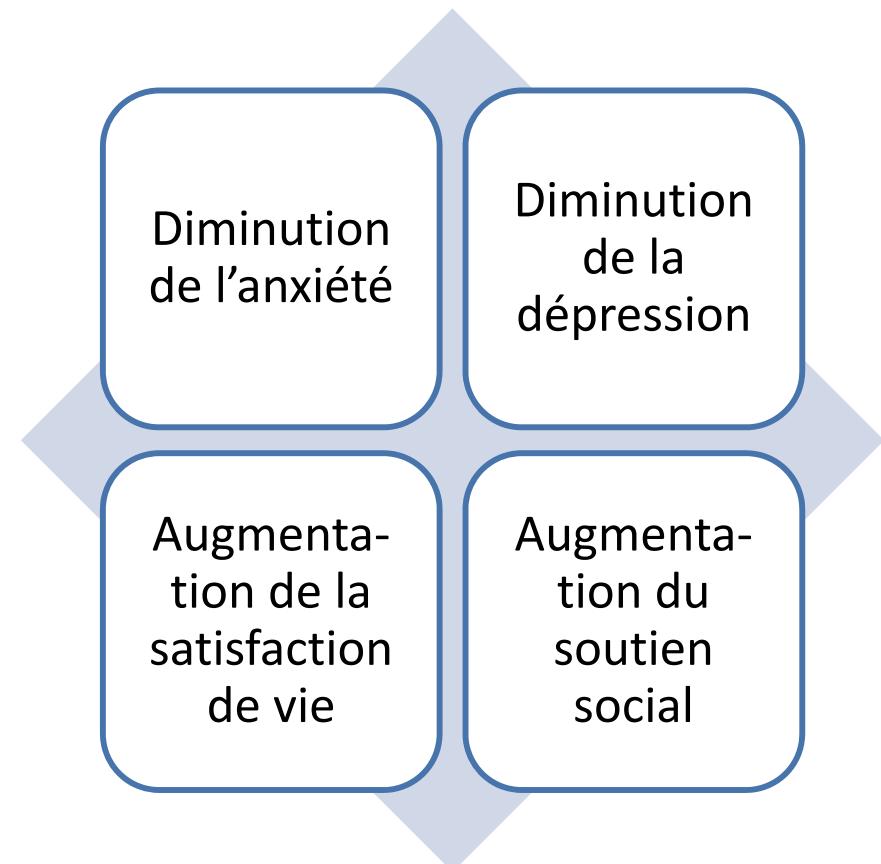


# EFFETS EMPIRIQUES

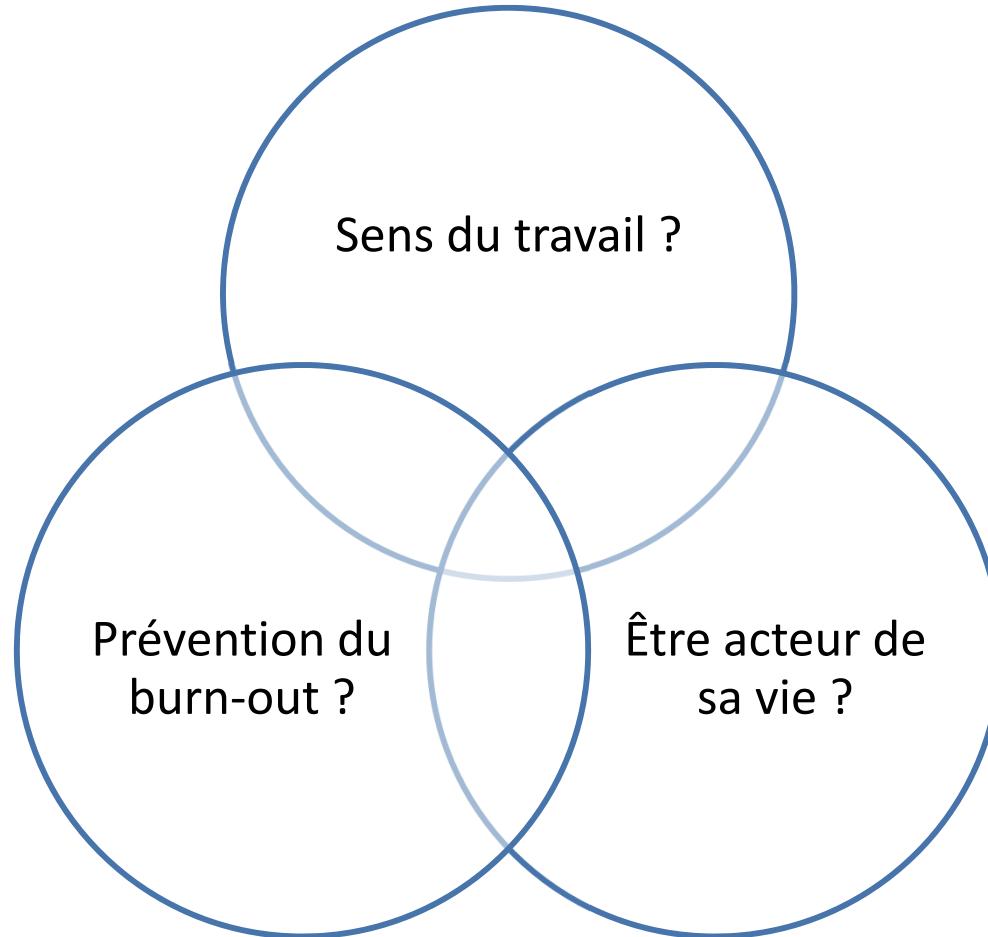
## Le caractère « joueur »



## « SuperBetter »



(Proyer, 2013; SuperBetter Labs, 2013)

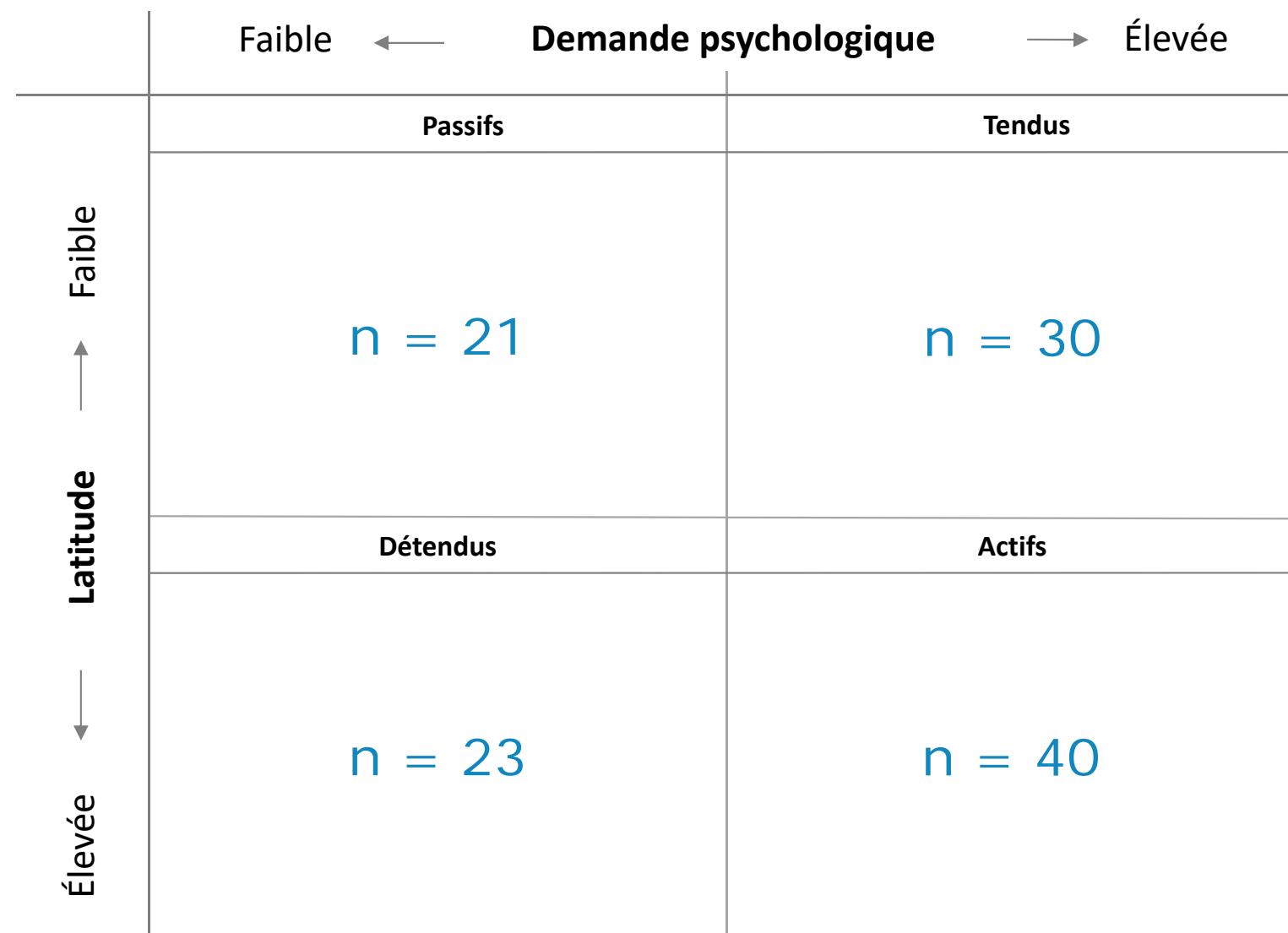


**TO BE CONTINUED...**



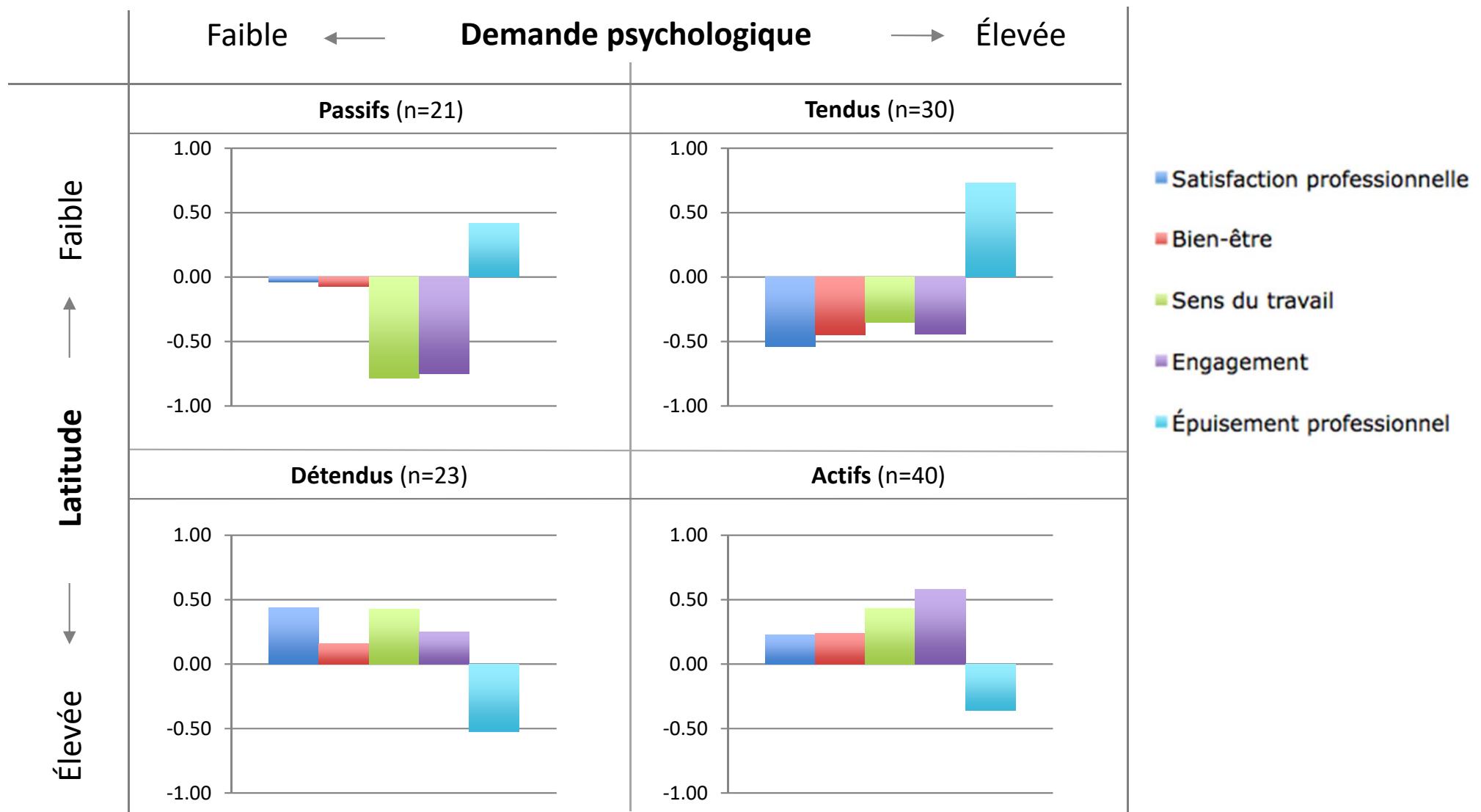
## ACCOMPAGNER... LES ACCOMPAGNATEURS

# BIEN-ÊTRE DES PSYCHOLOGUES CONSEILLERS ROMANDS



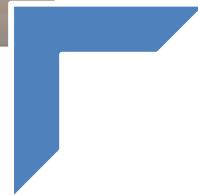
(Karasek, 1979; Rochat 2018)

# BIEN-ÊTRE DES PSYCHOLOGUES CONSEILLERS ROMANDS

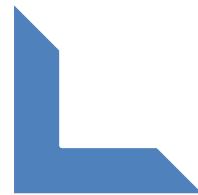


(Rochat, 2018)

# LE MOT DE LA FIN



« Si vous n’êtes pas le héros de votre propre histoire, alors vous manquez tout le but de votre humanité ».



(Steve Maraboli)

The end

Merci pour votre attention !

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