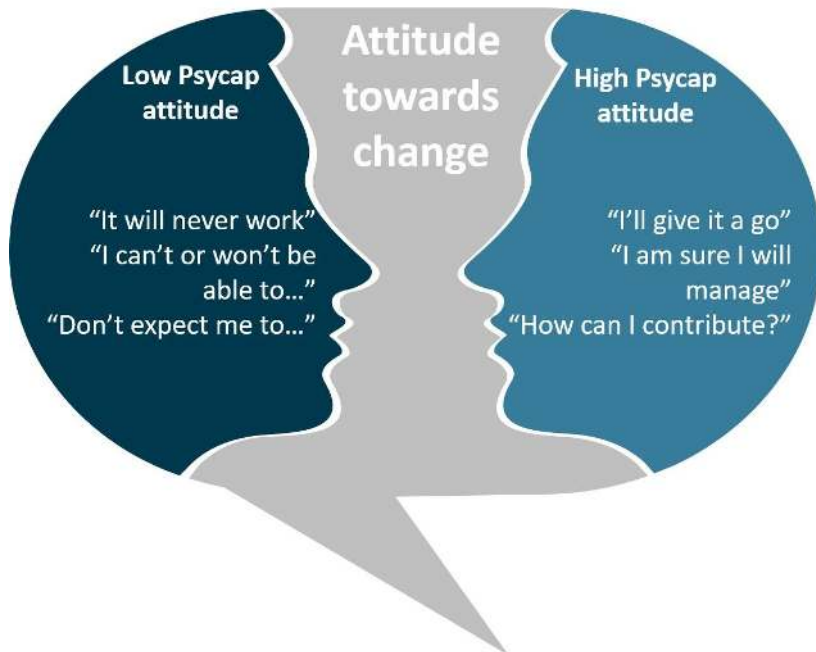


A few thoughts on Psychological Capital

At the heart of personal wellbeing and employee engagement is PsyCap, or psychological capital, which consists of the 'simultaneous presence of hope, self-efficacy, resilience and optimism'.

Especially important in times of change



High PsyCap enables us to approach change in a positive light and push through, even when it is tough. These qualities encourage us to focus on the things that are 'in' rather than 'out' of our control. This helps to move from a locus of resistance and blame to one of ownership in both our personal and professional lives.

Inspiring employees to become a HERO within

It has been said that PsyCap makes us a HERO in our own sphere of influence. Considering what the four elements are about, it is no surprise that PsyCap has been empirically linked to bringing about positive attitude and behavioural changes that influence performance.

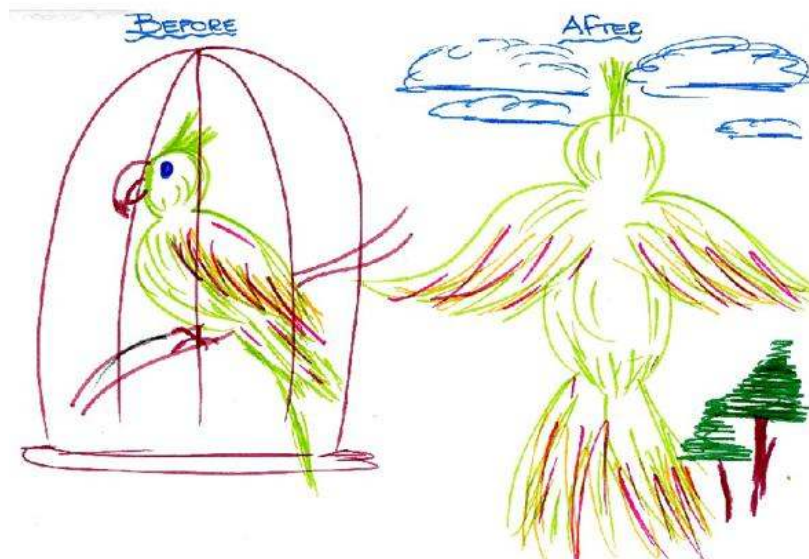
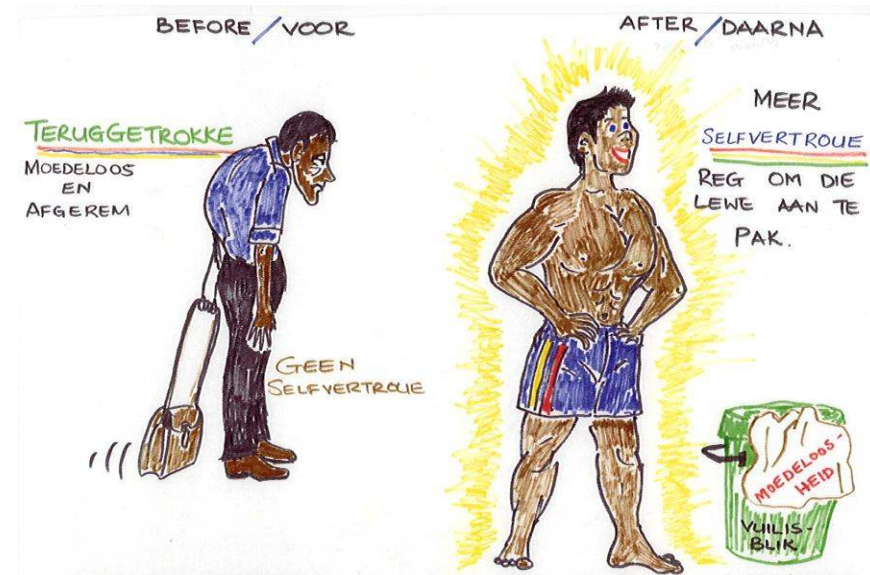
Just imagine if every employee in your organisation could display these characteristics?



At Free To Grow, we help organisations enhance psychological capital in individuals and develop the desire as well as ability to perform and contribute according to their potential.

The shifts in entry-level employees

When we present our PsyCap development programmes to entry-level employees, we often ask them to draw how they see themselves and life at the start and again at the end of the programme. The transformation in all the HERO elements is striking.



What our clients are saying



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We'd love to hear from you

Igniting purpose, passion and potential for growth **FREE TO GROW** 