

Positive Social Psychology Masterclass

Programme Guide



Positive Social Psychology Masterclass

Delve into the science of social relationships and the neuroscience behind them. Explore how our social wiring—from evolutionary roots to the effects of empathy, compassion, and loneliness—shapes personal and professional wellbeing. You will learn to harness behavioral insights, trust-building frameworks, and nudge strategies to foster resilience, cooperation, and healthy organisational culture.

Introduction

Social connection is often mislabelled as a “soft skill”—perceived as secondary to core business outcomes.

Yet, insights from psychology, neuroscience, and organisational science paint a different picture: the quality of human connection at work is one of the most powerful levers for driving resilience, innovation, and sustained performance.

While individual wellbeing remains essential, achieving meaningful and scalable impact requires more than isolated interventions. It calls for a shift in mindset—from wellbeing as a personal responsibility to wellbeing as a collective imperative. Leaders must adopt a systems approach that embeds connection across leadership behaviours, team practices, and cultural norms.

When meaningful connection is lacking, collaboration breaks down, engagement declines, and stress rises—even within high-performing teams. But when connection is intentionally nurtured at every level of the organisation, it unlocks human potential, strengthens psychological safety, and creates the conditions for long-term, enterprise-wide performance.

People leaders who are skilled in fostering social connection do more than build cohesive teams—they architect thriving



SESSION DATES

01	29 September 2025, Monday
02	30 September 2025, Tuesday
03	1 October 2025, Wednesday
04	2 October 2025, Thursday
05	3 October 2025, Friday
06	4 October 2025, Saturday
07	5 October 2025, Sunday

SESSION DETAILS

Time	
Sessions 01-03	7PM-10PM (SGT)
Sessions 04-07	9AM-5.30PM (SGT)
Delivery	In-person

Topics Covered

This transformational masterclass explores the strategic role of social connection in enhancing employee wellbeing, engagement, and contribution. Over seven immersive days, participants will gain actionable frameworks and tools to build thriving team cultures that elevate performance and purpose.

Why We're Wired for Connection

1. Evolutionary drivers of social behavior in modern contexts
2. Human prosocial tendencies: Helping, caring, and generosity
3. Altruism and the caring instinct as motivational forces
4. Understanding individual differences in prosocial behavior

The Neuroscience of Social Behavior

1. How the brain processes social interactions (social affective neuroscience)
2. The link between social and positive emotions
3. Empathy vs. compassion: Impacts on resilience and wellbeing
4. System 1 vs. System 2: How fast and slow thinking shape decisions

Relationships & Emotional Wellbeing

1. The impact of social relationships on emotional wellbeing
2. Loneliness: Implications for mental and physical health
3. The value of strong vs. weak social ties, including casual networks
4. Balancing self-care with caring for others

Applying Insights to Teams & Organisations

1. Behavioral science and nudging for positive social outcomes
2. Trust and cooperation in teams: Reducing competitive barriers
3. Challenging the norm of self-interest to foster collaboration

Learning Outcomes



This masterclass is designed for leaders, coaches, HR professionals, and changemakers ready to:

- Strengthen team dynamics and emotional resilience
- Promote empathy and sustainable prosocial behaviors
- Leverage dual-process and neuroscience insights to drive collaboration

Upon completion, participants will be able to:

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- 01** **Embed social connection as a strategic driver**, elevating trust, psychological safety, and team performance.
 - 02** **Lead with emotional intelligence and sustainable empathy**, fostering compassionate, energised, and values-aligned teams.
 - 03** **Apply behavioural science and nudging techniques** to build collaboration, reduce disengagement, and reinforce shared purpose.
 - 04** **Implement the Impact Catalyst Leadership Model** to cultivate emotionally intelligent cultures and translate human connection into measurable organisational impact.
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Trainer

Dr. Evelyn Rosset is an international expert in the science of social connection, with a focus on the interdependence between individual wellbeing and social wellbeing. A research psychologist by training, Evie has worked in world-renowned labs in a diverse range of disciplines, including cognitive science, behavioural economics and social psychology. This broad background is evident in her teaching and training in positive psychology, where she draws on multiple disciplines for a unique balance of breadth and depth, of theory and practical applications.

Originally from Boston and now living in France, Evie has taught in universities and post-graduate programmes in the US and Europe. Driven by the conviction that individual wellbeing and social wellbeing go hand in hand, Evie has recently created the MAAC Lab, a non-profit organization designed to develop social connection and prosocial behavior in individuals, groups, and institutions.



Qualifications

Doctor of Philosophy in Psychology
Boston University

Master of Arts in Psychology
Boston University

Master of Science in Cognitive Science
Ecole des Hautes Etudes en Sciences

Registration

Course Delivery	• Lectures and case studies discussions • Class presentations • Online discussions
Entry Requirements	• A Bachelor's Degree in any discipline, or • Graduate Diploma in Applied Positive Psychology, or Graduate Diploma in Applied Positive Psychology and Wellbeing from TSPP
English Language Proficiency	• Grade C6 and above in GCE 'O' Level English, or • Grade E and above in any GCE 'A' Level subject conducted in English, or • IELTS 5.5, or • TOEFL (Internet Based) 59
Fee All fees are inclusive of GST	Early Bird (till 15 August): S\$4,905.00 Regular fee: S\$5,123.00 TSPP Alumni: \$4,905.00

Terms & Conditions: Following completion and return of registration form, full payment is required within 5 (five) working days. Payment must be received before the commencement of the event. We reserve the right to refuse admission if payment is not received on time. Payments are non-refundable. It is your responsibility to ensure that you are able to attend all workshop modules.

Any information provided by you in registering for this training is being collected by The School of Positive Psychology Pte Ltd and will be held in the strictest confidence. It will be added to our database and will be used primarily to provide you with further information about events and services provided by The School of Positive Psychology.

By registering for this programme, you agree that photography and videography taken during the workshop may be used at the discretion of The School of Positive Psychology for promotional materials on their website, social media channels, and other marketing materials. This may include photographs or video recordings of you or your likeness, which may be used in promotional materials without further notice or compensation. If you have any concerns about this policy, please inform The School of Positive Psychology directly before registering for this programme.

The School of Positive Psychology reserves the right to alter fees as appropriate.

Get in touch

Please feel free to get in touch with us online or meet us on campus if you are interested in studying at The School of Positive Psychology.

For more information regarding our courses and entry requirements, please contact us using the following details.

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