

Workers training: Impact of a program based on positive psychology and social skills, on life satisfaction, job satisfaction and organizational climate

Capacitación en trabajadores: Impacto de un programa, basado en psicología positiva y habilidades socia

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This study evaluated the effectiveness of an intervention, based on positive psychology and social skills, on life satisfaction, job satisfaction and organizational climate in a sample of 27 workers from a public organization in Arica, Chile. The results confirm the effectiveness of the program, showing statistically significant improvements in the quasi-experimental group (N= 14), compared with the quasi-control group (N= 13). The implications of the results found in the organizational practice are discussed.