

The Power of **Positivity**

“Get To” vs. “Have To”



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*It's what you learn...after you know it
ALL...that really counts.*

Harry S. Truman

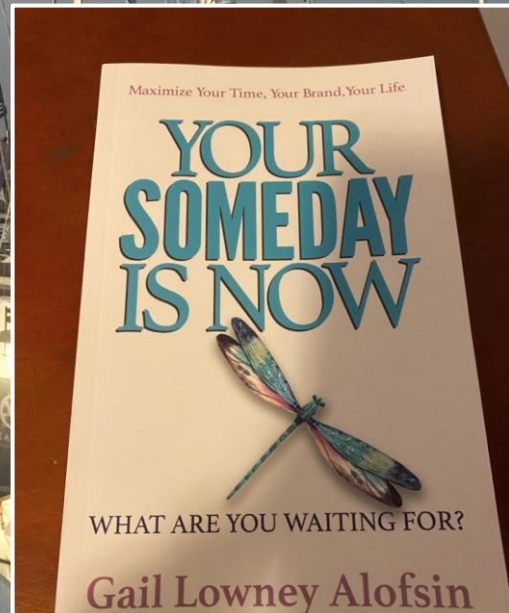


Gratitude

The Power of Positivity!

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Burnout



Emotional Exhaustion

Fatigue that comes from caring too much for too long

- Chronic fatigue
- Insomnia
- Impaired concentration or forgetfulness
- Anxiety and depression
- Anger
- Increased illness
- Physical symptoms like heart palpitations, chest pain, shortness of breath, GI pain, dizziness, headaches, and fainting



Lack of Accomplishment

An unconquerable sense of futility, feeling that nothing you do makes any difference

- Feelings of apathy and hopelessness
- Increased irritability
- Lack of productivity
- Poor performance



Depletion of Empathy

Detachment & depersonalization the depletion of empathy, caring and compassion

- Loss of enjoyment
- Pessimism
- Isolation
- Detachment and Disconnection
- Difficulty feeling care or compassion for others

Stressed Out?

EMAIL!!!

Meetings/Got A Minute?

Body Language

Communication/Information and lack of it

Little time for personal activities

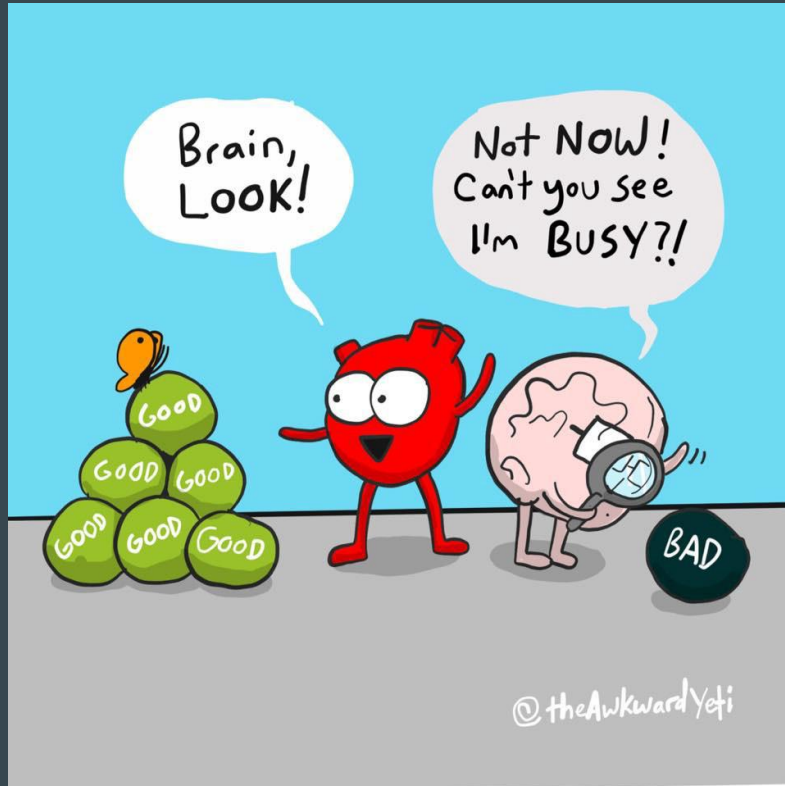
DEADLINES

Supply chain?

Toxic People/Situation/Negativity

Negativity Bias:

When faced with situations with a positive or negative nature - **even when there an equal choice of intensity** – where do we lean????



Negative Self Talk

Blame/Judgment/Casting Aspersions

Magnify?– Blowing things out of proportion.

Challenges: Does it need to be perfect or done?

1) The Case for **Positivity**

Companies are...

- 50% More likely to have lower employee turnover
- 38% More likely to build more productive teams
- 44% More likely to have higher customer satisfaction

■ S. Lyubomirsky (Univ of CA, Riverside)

Positivity focus:

- Avoid comparison
- Nurture relationships
- Look beyond yourself
- “Get to” versus “Have to”
 - Body & Mind/Spirituality
- **Gratitude** – Your Many Gifts!

“Get to” versus “Have to”

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled









#keeplookingup
SimpleStencils.com

HOW TO AVOID TOXIC POSITIVITY

INSTEAD OF SAYING...

-  "You'll get over it."
-  "Don't be so negative!"
-  "Always look at the bright side!"
-  "Failure is not an option."
-  "Think happy thoughts!"
-  "It could be worse."

SAY...

-  "It's hard but I believe in you."
-  "It's okay to feel bad sometimes."
-  "It can be difficult to see the good in this situation, but we'll make sense of it when we can."
-  "Failure is part of growth."
-  "Things can get really tough, I am here for you."
-  "Sometimes we experience bad things. How can I support you?"

2) YOUR Brand

What are YOU Communicating?

M or M?

Eeyore or Elvis?

Mirror, Mirror



7/11 - How are You Wrapped?

11 impressions are made within the **first 7 seconds** of meeting someone for the first time:

- Education level
- Economic level
- Perceived credibility, believability, competence and honesty
- Trustworthiness
- Level of sophistication
- Sex-role identification
- Level of success
- Political background
- Religious background
- Ethnic background
- Social, professional and sexual desirability

my sister is about to have a baby and my brother showed up to the hospital in a suit because "first impressions matter"



Emotional Intelligence: Identify/Manage YOUR Emotions

3 Competencies:

- Emotional Awareness
- Management of Emotions
- Relationship Management



Productivity

High Emotional Intelligence =
increased productivity within the
workplace.

Low Emotional Intelligence **lowers**
productivity within the workplace -
limiting success.





3) **Everything** Communicates!

- Listening 125/400
- 55.38.7
- ED.BB.TR
- CALM



4) What's YOUR Black Napkin?



50% Genetic
10% Circumstance
40% Habits/Thoughts
(Sonya Lyubomirsky, Univ of CA, Riverside)



250,000 people served
100+ villages
200+ Haitians employed













**SURROUND
YOURSELF
WITH PEOPLE
WHO FEEL LIKE
THE SUNRISE**

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Thank you!

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