

Effects of Negative Communication in the Workplace

- _____ employee _____
- Dropping _____
- Increased _____
- Complaints/ _____

Positivity Pays Off

Happy workers are more engaged, which has been linked to a ____ percent increase in profitability.

What deserves more recognition?

What should we praise more?

Principle to Remember

People won't remember what you say, but they will remember _____.

The Platinum Rule

_____ unto others as _____ would _____ to have you to do unto them.

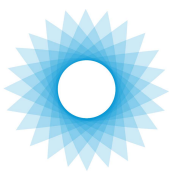
Locus of Control

What can you do to improve your internal locus of control?

Four Obstacles to Positivity:

1. _____
2. _____
3. _____
4. _____

Which obstacle is most significant for you? Why?



Strategies For Creating & Benefiting From Optimism

Gratitude	
Organize	
Community	
Generosity	
Perspective	
Exercise	
Meditation	

What is one item you realized about yourself during this session?

What two things will you do differently in light of this session?

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