



DEVELOPING A POSITIVE MINDSET

2021 WORKSHOP: OVERVIEW

INTRODUCTION

In this follow-up to Exploring Personal Resilience, you'll examine ways to develop a positive mindset to help you engage your energy more effectively when dealing with challenges.

Though some people appear to be naturally optimistic, there's evidence you can build this attribute through practice. You'll build awareness of your own level of positivity and learn how to strengthen your ability to see opportunities and hope in difficult situations. You'll also learn how to use your energy more productively rather than draining it unnecessarily.

WHO SHOULD ATTEND?

Those who tend to focus on the dangers and problems in challenges, rather than opportunities and hope, will benefit most from this workshop. Leaders experiencing gaps between their own level of positivity and that of their team members, will also benefit by learning ways to recognize and support the differences in how they view workplace situations.

LEARNING OBJECTIVES

- Understand how a positive mindset contributes to resiliency
- Build awareness of your own level of positivity
- Identify ways to strengthen positivity

FORMAT

This is a virtual, interactive workshop, where attendees actively and openly participate. Much of the discussion and activities are driven by participant insights and personal experiences.

PRE-WORK

Participants will use their personal resilience profile they received from the Exploring Personal Resilience workshop for an interactive group activity.

AGENDA

- Positivity self-assessment
- Definition of a positive mindset
- How a positive mindset increases resilience
- Why blind optimism doesn't work
- The neuroscience of positivity
- How positive and negative minded people see the world
- Ways to build a positive mindset
- Revisiting your personal resilience plan
- Personal commitment activity
- Resources and wrap-up

