**CREATING a HAPPY, OPTIMISTIC**

**& PRODUCTIVE WORKPLACE**

Presentation

by

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**Optimists Focus on** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pessimists Focus on** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Optimists Love to Make Everything**

+

+

+

**Pessimists Love to Do 3 Things**

A.

B.

C.

**Syllabus I Created for my MBA Students**

In My Syllabus

MBA Student after her last MBA class – my class – insisted on private meeting

**RESEARCH on REASONS to BE OPTIMISTIC**

> \_\_\_\_\_\_\_\_\_\_\_\_

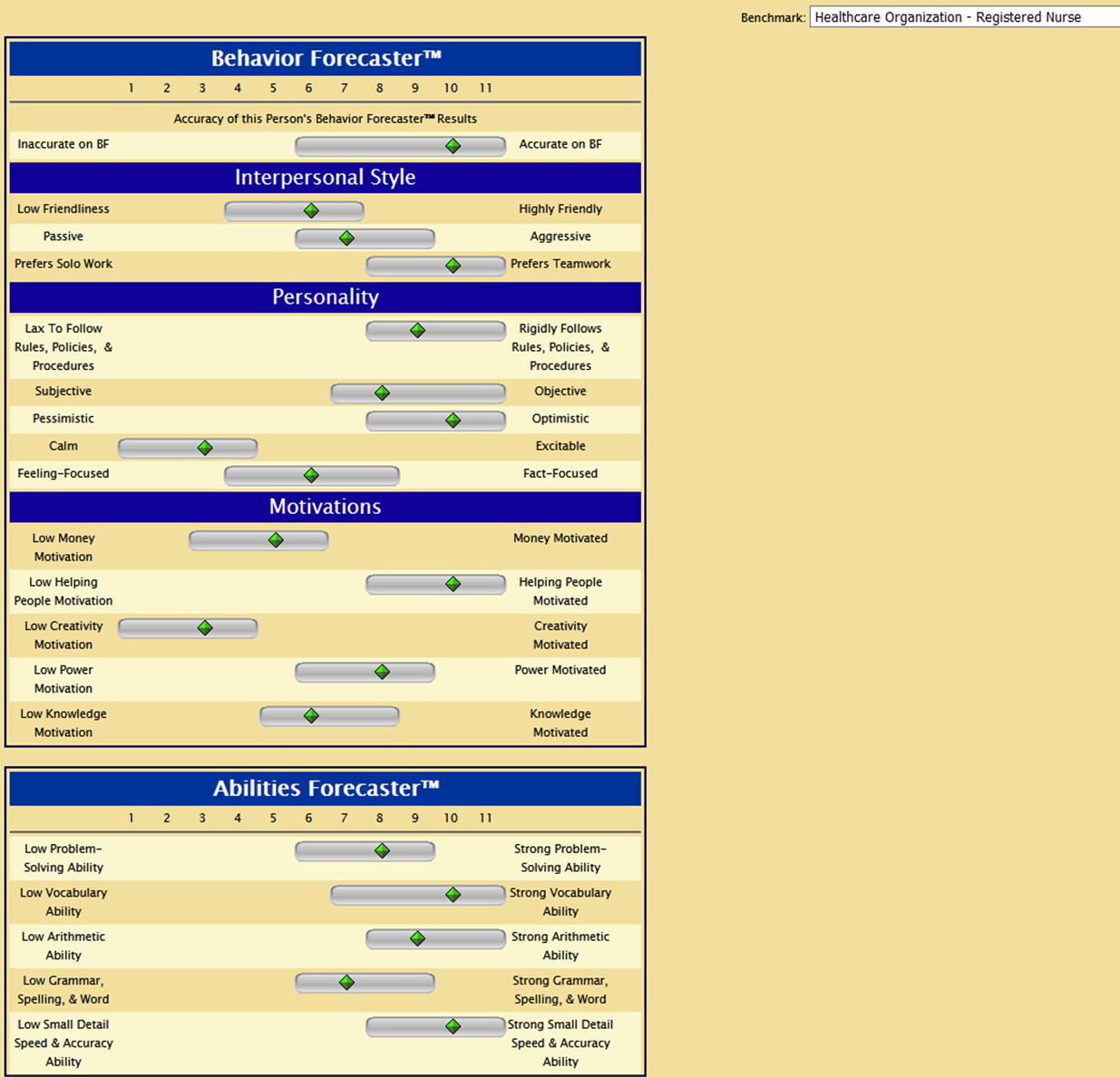
P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***Terry Terrific*** - ***Abilities & Behavior Forecaster™ Tests***



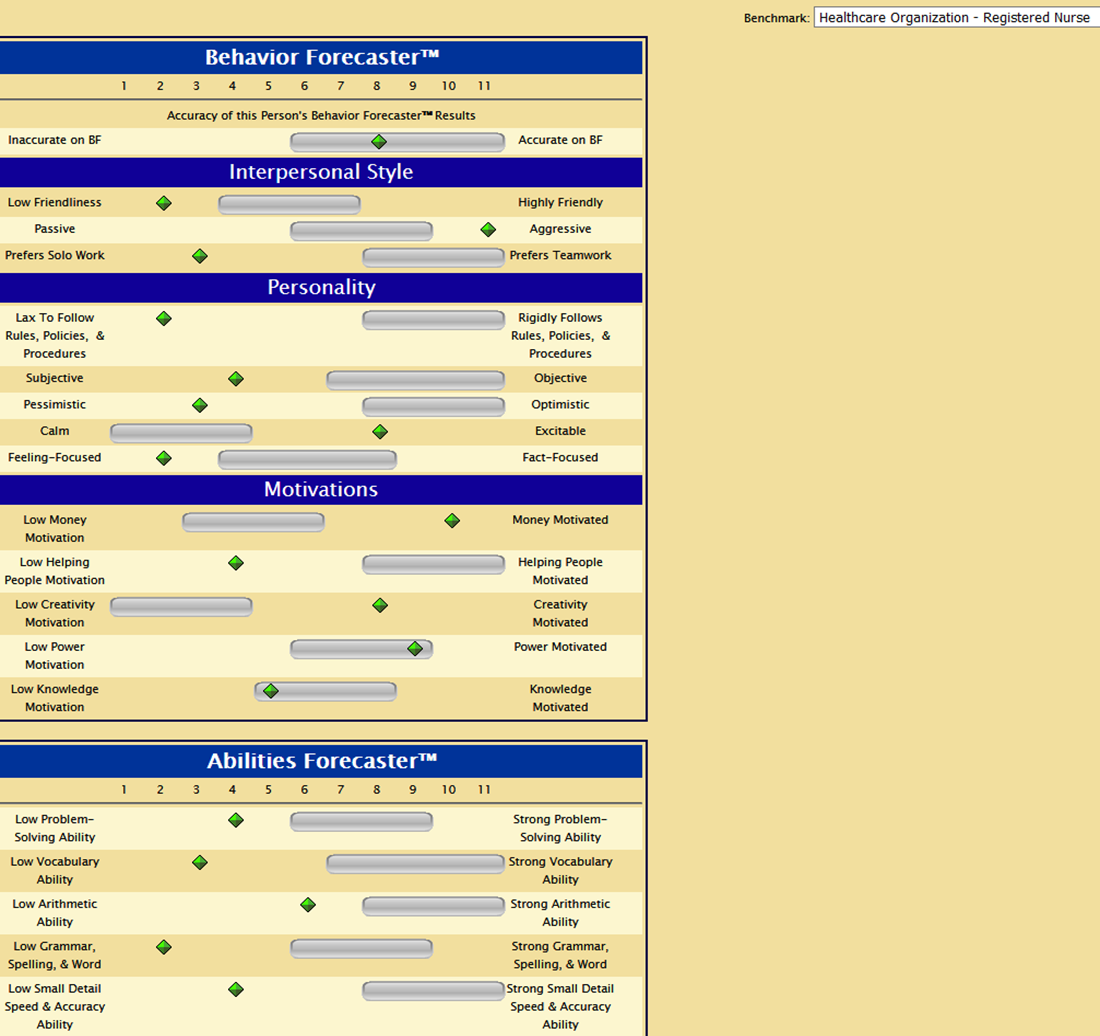
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3.

***Lee Lousy*** - ***Abilities & Behavior Forecaster™ Tests***



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**5 FAST WAYS TO BE OPTIMISTIC – *INSTANTLY***

1.

2.

3.

4.

5.

5

**7 ACTIONS YOU CAN DO EVERY DAY TO**

**+ BE *FANTASTIC ROLE MODEL* OF OPTIMISM**

**+ *SPREAD CHEERFUL, UPBEAT* FEELINGS**

1. LOOK \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_ – at *A LOT* OF PEOPLE

3. SAY, “\_\_\_\_\_\_\_\_\_\_” – to *A LOT* OF PEOPLE

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 OR MORE TIMES IN EVERY CONVERSATION

REASON =

5. ASK “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” QUESTIONS

6. ASK VERY, VERY FEW “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” QUESTIONS

7. OFTEN SAY

+ “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

+ “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

**TERRIFIC TIP FOR MANAGERS & LEADERS**

“SHADOWING”

ASSIGN PESSIMISTIC EMPLOYEE TO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

YOU *MUST* SCHEDULE & *HOLD* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6

**COMMON PHRASES YOU MUST *NOT* USE**

DO ***NOT*** SAY **DO SAY**

**GIVE 3 OR MORE \_\_\_\_\_\_\_\_\_\_\_\_\_ PER DAY**

**MUST** BE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MY RESEARCH COMPARING HIGH-ACHIEVERS versus UNDER-ACHIEVERS

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**“*GRACE*” by YOU**

**PRODUCES HEALING**

Dr. Mercer’s Definition of “GRACE” =

+

+

+

+

YOUR “GRACE” HELPS PRODUCE HEALING IN YOUR

\*

\*

\*

\*

\*

**HOMEWORK ASSIGNMENTS**

**to**

**HELP YOU + YOUR WORKPLACE**

1.

2.

3.

4. **Within 1 week, send EM to Dr. Mercer or Call Dr. Mercer – to tell him your ….**

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\* Turning Your HR Dept. into a Profit Center™

\* Job Hunting Made Easy

\* Absolutely Fabulous Organizational Change™

**> Your Questions** – about topics in this webinar/presentation

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or

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