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The Power of Positivity

Anthony Welebob
Training Specialist
Texas Juvenile Justice Department

“Everyone thinks of changing the world, but no one
thinks of changing themselves.”

- Leo Tolstoy

Guiding Principles

- ✓ Play
- ✓ Make their day
- ✓ Be there
- ✓ Choose your attitude

Play

Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

- ✓ No memo

- ✓ Builds relationships

Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn't have to be a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, and form new business relationships.

- ✓ Create a safe environment

- ✓ Increases productivity

Young children often learn best when they are playing—and that principle applies to adults, as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and problem solve.

Make Their Day

Feeling genuinely appreciated lifts people up. At the most basic level, it makes us feel safe, which is what frees us to do our best work. It's also energizing. When our value feels at risk, as it so often does, that worry becomes preoccupying, which drains and diverts our energy from creating value.

- ✓ Value and appreciate

The most meaningful recognition is free. It is a few positive words, an assignment that provides a development opportunity, or even a chance to spend a few minutes just chatting with someone within your reporting structure.

✓ Meaningful conversations

Formal, annual reviews don't work, at least not to combat turnover. You need to meet one-on-one, in an unstructured way, with all your best people--at least once a quarter. Quietly. And ask them what's frustrating them about their job. What they want to be doing--but aren't getting to do. Be friendly--but blunt. You need to learn. Get it out of them.

✓ Keeping the good ones

✓ Thank you

One of the most often overlooked aspects of listening is thanking others for their contributions. If you glean benefits from listening to someone, thank them. Even if no value is perceived, thank them for their time and input. Never forget to acknowledge those who contribute energy, ideas, actions or results. Few things go as far in building good will as recognizing others.

Be There

Learn to listen, not hear. Become attuned to how they speak, how they express themselves. Absorb their body language, their tone of voice, their ticks. Master listening until you know whether to absorb in silence or refract.

✓ Connecting with others

The only connections that will work will be the ones that you truly care about; the world will see through anything short of that. If you don't have a genuine interest in the person with whom you're trying to connect, then stop trying.

✓ Listening

One of the best compliments you can be paid is to be known as a good listener. Being recognized in this fashion will open doors, surface opportunities, and take you places talking never could. Listening demonstrates that you respect others, and is the first step in building trust and rapport.

✓ Ask questions

✓ Value people

Choose Your Attitude

“A bad attitude is like a flat tire. You can’t go anywhere until you change it.”

✓ It’s about choice

Remember that every day is your day. You have complete control over how you decide to view what is happening in your day. Make it the way you want it to be. Make your days fun, energizing, happy and enjoyable.

✓ Perception is reality

A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life, it would bring constructive changes into your life, and makes them happier, brighter and more successful.

✓ Personal accountability

Empowered people pursue their passions relentlessly. There’s always going to be someone who’s more naturally talented than you are, but what you lack in talent, you can make up for in passion. Empowered people’s passion is what drives their unrelenting pursuit of excellence.

✓ Attitude reflects leadership

Our attitudes after all, influence our actions, and if we act in a negative way towards others we tend not to get the results we are looking for. Others will react to our actions driven by our negative attitudes and the end result is that we actually defeat ourselves by our own attitude.