

GoPositiv

Linking happiness,
optimism + positivity
to *high performance*



It's Time to Refocus on Employee Happiness

According to a 2022 Gartner study, voluntary US employee turnover in 2022 is expected to reach over 37 million people. Gallup reports that 57% of employees say stress is high or overwhelming, while engagement has dropped two years in a row. To stay agile and competitive, businesses must refocus their attention on employee engagement.

Happy People are High Performers

The brain literally changes when we are happy, optimistic, and positive. With a positive mindset, employees are more innovative, productive, and engaged, and are more likely to stay in their jobs longer.

BUSINESS IMPACT

Happy, optimistic, and positive employees:

- + Take 1/10th the sick-leave of their least happy employees
- + Are 6x more energized
- + Intend to stay 2x as long in their organizations
- + Are 2x as productive
- + Report being on task 80% of time vs. 40% for those "unhappy"

Source: Science of Happiness at Work and iOpener Institute

Don Sandel is the founder of **GoPositiv**.

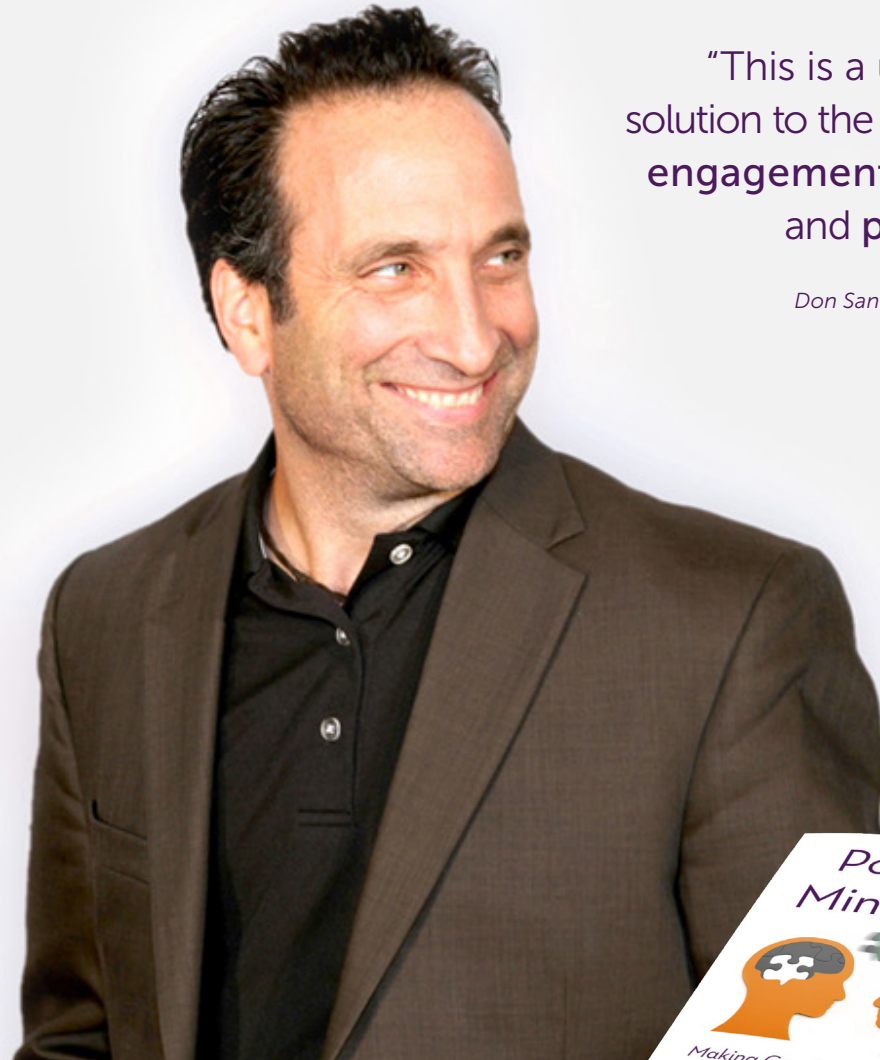
Most recently, he's been traveling the globe sharing his incredibly optimistic and science-based message about how the right mindset and understanding of the brain leads to higher performance.

Empowered by the neuroscience that underpins positive psychology, Don created a movement called Positive Performance for a global pharmaceutical company, to huge success. He is now on a mission to share what he has learned with other organizations interested in bringing out the best in their employees. As part of this mission, Don has written two books on the power of positivity—*Positive Mindshift* and *Play the Game* (co-author).

Don is a dynamic presenter and a self-proclaimed pathological extrovert. He brings a fun, irreverent brand of humor to all his engagements.

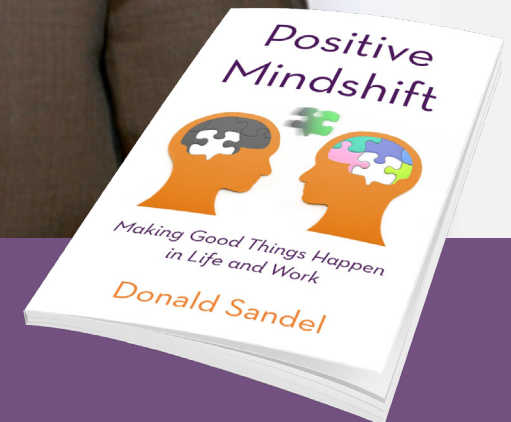
"It turns out that our brains are literally hard-wired to perform at their best not when they are negative or even neutral, but when they are positive."

Shawn Achor, *The Happiness Advantage*



"This is a unique, fresh solution to the challenges of engagement, well-being and performance."

Don Sandel, Founder, GoPositiv



GoPositiv offers workshops and keynotes to help you boost employee positivity and performance.

We'll examine research, take a fresh look at how the brain affects behavior and performance, and develop an aggressive action plan to put these new skills into daily life and work.

Workshops and Keynotes

POSITIV PERFORMANCE *Our Flagship Course & most requested*

- + Examine research on the latest neuroscience and mindfulness techniques.
- + Learn strategies for countering negativity bias and developing healthy habits.
- + Build an action plan toward cultivating high-performing leaders and highly engaged teams.

POSITIV CHANGE *Great for those facing change and challenge*

- + Identify global, cultural, and economic changes influencing your business.
- + Understand varied responses to change.
- + Discover strategies for accepting and leveraging change as a tool for growth.

POSITIV PURPOSE *Best for teams*

- + Create your team vision and identify priorities for achieving goals.
- + Pinpoint potential roadblocks on your path to success.
- + Uncover and promote your best ways of working.

POSITIV LEADERSHIP *Best for leaders*

- + Identify positive leadership behaviors that inspire employee performance.
- + Learn your individual strengths and how to leverage them in service to your employees and team.
- + Integrate positive psychology with Growth Mindset and Psychological Safety.

POSITIV RESILIENCE *Best for those facing persistent obstacles and roadblocks*

- + Determine both what it is and leverage how we've successfully used "bouncing back" in the past
- + Create within ourselves and our teams the pre-conditions to allow resilience to become a new critical capability
- + Apply new and practical tools to employ in the face of disruption and challenge

KEYNOTE SPEAKING OPPORTUNITIES

Invite Don to share his unique message about how a happy, optimistic mindset improves business metrics and our everyday lives!



Is a GoPositiv Workshop Right for You?

If your team is ready to embrace the power of positive thinking, then the answer is yes. Our workshops can be tailored for organizations of varying interests, industries, and sizes.

Audience

Workshops can be adapted for leaders, individual contributors and intact teams.

Approach

We cultivate an activity-based experience with minimal lectures. This isn't a one-time event but a broad, solutions-focused approach that will improve personal positivity habits, work team routines, and organizational culture.

Duration

Workshops are customized to each organization, with full- or half-day versions available. Other durations are available upon request and consultation.

Investment

Pricing based on duration and customization.

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