

“Optimism and hope cause better resistance to depression when bad events strike, better performance at work...and better physical health.”

– Dr. Martin Seligman, [Authentic Happiness](#)

NOW, MORE THAN EVER...

In the midst of a global pandemic, a negative 24 hour news cycle, and collective anxiety at its peak, it’s natural to think that our world will never be the same.

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Changing that narrative will take more than positive thinking, no doubt. We’ll all need to work together to overcome this altered reality. But, research (literally thousands of empirical studies) proves that a positive mindset also serves as an antidote during challenging times:

Positivity enhances our social skills, building our networks during time of need—it bolsters our immune system, improves relationships, increases mood, raises our work performance as well as every relevant business metric.

Now is the time, more than ever, for us to shake off the negativity that surrounds us.

If you, your team, or your organization are struggling to overcome this current environment, and looking for ways to enhance mood, culture and engagement, our **GoPositiv webinar** is for you.

WEBINAR DETAILS

Positivity During Challenging Times

Virtual, highly interactive, 90 minutes

TAKE-AWAYS

- + Understand the science and power of a Positive Mindset
- + Overcome brain threats while building resilience
- + Apply evidence-based techniques to boost positive behaviors

Perfect for individuals (open enrollment solutions) and intact teams (customized team solutions)

DATES AND SCHEDULING – PLEASE RESPOND

Open Enrollment: If you are an individual looking for a boost, please feel free to drop us a note but know that we are currently scheduling open enrollment sessions and will be sending an EventBrite invite soon.

Intact Teams: If you are a leader and would like a virtual session for your team, please reach out to Don at don@gopositiv.com for further details.

*Sources: Univ of Warwick Study, UK: 2016; Anchor and Foresight, 2012; Author Glen Rifkin, Happy People Spark High Performance; Gallup 2015; Wall Street Journal and iOpener Institute; Fortune Magazine, 2014.

GoPositiv

Linking
happiness,
optimism +
positivity
to high
performance



Business Impact of a Positive Mindset:*

- + 12 – 16% increase in productivity
- + 37% greater sales
- + 85% more efficient at work
- + 10X less likely to take sick leave
- + 10X more engaged
- + 36% more motivated
- + 31% higher goal achievement
- + 22% revenue increase

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