

*GoPositiv*

Linking happiness,  
optimism + positivity  
to *high performance*

# The brain literally changes when we are happy, optimistic, and positive.

With this mindset, employees are more innovative, focused, disciplined, and can more effectively and efficiently leverage the power of the brain. *This all moves the performance needle up!*



## BUSINESS IMPACT

Happy, optimistic, and positive employees:

- + Take 1/10<sup>th</sup> 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*

*“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*

**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 about 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.

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



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

*Don Sandel, founder, GoPositiv*

## GoPositiv offers workshops, keynotes, and programs related to this direct link between positivity and high performance.

We'll examine the 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.

### COURSE CONTENT

- + Examine empirically-based research in a fun, supportive yet challenging environment
- + Make the direct, irrefutable link between positivity and high performance
- + Show how happiness, optimism, and positivity actually change the brain
- + Make the connection to business impact, well-being, and engagement
- + Review the latest neuroscience about the brain, behavior, neurotransmitters, and neuroplasticity
- + Share mindfulness research and techniques to mitigate stress, grow new neurons, resist the "new normal"
- + Learn techniques to counter our negativity bias and develop new, healthy habits
- + Engage in activities that begin the process of changing our mindset and building positive teams and organizations
- + Build an action plan toward positivity, new strategies to achieve resiliency and higher performance



### WORKSHOP DETAILS

**Approach:** Activity-based experience with minimal lecture. Not a one-time event but a broad, solutions-focused approach that will improve personal positivity habits, work team routines, and organization culture.

**Audience:** Workshops can be adapted for leaders, individual contributors as well as intact teams.

**Duration:** Workshops are customized to each organization. Full or half day versions are available. Other durations available upon request and consultation.

**Investment:** Full day range \$7,000 - \$9,000.

### Connect with me!

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