

# Creating an Optimistic Workplace - 1 Day

***PDU's - 6.5***

## **PMI's Talent Triangle Breakdown**

Power Skills - 6.50

## **PMI's Certification Breakdown**

PMP - 6.50

PMI-ACP - 6.50

PMI-SP - 6.50

PMI-RMP - 6.50

PfMP - 6.50

PMI-PBA - 6.50



virtual  
instructor-led

***Course Description:*** In this one-day course, participants will learn ways to turn around negative situations in the workplace. They will outline new strategies to act quickly, examine why negative situations ripple into every area of the organization, and create approaches to turn a negative situation into an optimistic workforce.

***Method of teaching:*** Students will use discussion, cases, and group activities to facilitate the course.

## ***Course Objectives:***

### **Objective 1: Analyze the cost of negativity in U.S. organizations**

- Examine the definition of negativity
- Evaluate the challenges of the modern workplace

### **Objective 4: Employee rules for confronting negativity**

- Analyze how to break the victim complex
- Define ways to impact negative culture
- Discuss how to fight personal negativity

### **Objective 2: Formulate a five-step approach to examining negativity**

- Review the CIA way negativity grows
- Examine the inner/personal dialog
- Identify the family influence

### **Objective 5: Create an action plan**

### **Objective 3: Discuss the effect of someone else's negativity on you**

- Assess ways to rebuild trust
- Discuss situational, habitual, and chronic negativity
- Create stairsteps toward negativity
- Compare results of negativity
- Compare ways of dealing with the negaholics