

It Pays to be Positive!

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Now more than ever, the forces of negativity seem to come at us from all sides. However, we must not underestimate the importance and impact of maintaining a positive attitude despite the challenges life throws at us! In this session we will examine and discuss the myriad ways in which positivity pays off, from the physiological to the cultural, how to be self-aware of your own attitude and what you're projecting on others, and what you can do to root out negativity and turn those frowns upside-down.

Requested presentation times: 40 minutes (including Q&A)