

Positively Powerful Series – Fall 2022

Mondays from 12-1 pm via Zoom

We each have the power to create our best lives through positive intentions. Join this 8-week series, packed with powerful tools and strategies, to enhance your daily life. Each week, faculty and staff will learn about a new technique and perspective on optimism and positivity.

Sept. 12 – Judith Eugene

The Power of Intention – Creating a Self-Determined Life - Our thoughts are very powerful. We create our own sense of reality based on how we think and where we place our attention and energy.

Participants will learn how to identify improvements that they would like to “intend” in their lives and develop action items for manifesting those intentions. We will learn how to direct energy and thoughts on our desires rather than our disappointments. This helps regain a sense of control, rather than feeling like a victim of circumstance. We will also practice a quick and easy meditation technique. *Participants will need pen and paper or a device to do writing exercises during class.*

Sept. 19 – Kim Langley, MEd

The Science of Optimism: Fostering a “Can do!” Attitude

This is not pop psychology, but a life-changing guide grounded in extensive clinical research. It’s also information so practical for increased productivity at work and at home that it “grabs you by the lapels”! Join the ranks of fortune 500 companies who are seeing the benefits of training (and hiring) for authentic optimism.

This seminar zeros in on an important aspect of working with emotional intelligence—optimism. Studies show that optimists make more successful salespeople, contribute to retention because people prefer optimistic bosses, and are more likely not to talk themselves out of their own creative ideas. Leaders and individual contributors who want to foster a can-do attitude—in themselves and in their organizations—recognize the benefits of increasing optimism.

Sept. 26 – Susan Fee, MEd, BA, LPCC, LMHC, BC

Bouncing Forward: How to Build Resiliency and Adapt to a New Normal

When tough times hit, how do you respond? You might long for a return to "normal" but most likely, you'll be required to adapt to a "new normal." Resiliency is the ability to adjust and learn from adversity. Resilient people do more than rely on positive thinking and luck. They experience just as many challenges as everyone else, sometimes more. Yet, they have developed effective coping skills that allow them to survive and thrive during adversity. Learn how to manage overwhelming feelings, adapt to change, and adopt a proactive mindset.

Oct. 3 – Judith Eugene

Humor as a Life Plan - Facing the world with a smile positively affects your mood, your outlook, and your relationships. Learn the science behind why smiling and laughing are important for good health and learn how to incorporate more of it into your life. We will discuss tools for handling stress, and how to

keep a positive, happy outlook in spite of it. Laughter counteracts worry, frustration and stress – it really is the best medicine!

Oct. 10 – Susan Fee, MEd, BA, LPCC, LMHC, BC

Realistic Optimism: Improving Life Satisfaction

Is your glass half empty or half full? Optimism has little to do with circumstances and luck and more to do with choices, problem solving and explanatory styles. Long-term pessimism can lead to depression and learned helplessness. But, the goal is not to try and be “happy” all the time. Realistic optimism presents a narrative that includes adversity and challenges in addition to life satisfaction. Learn practical strategies to replace negative thinking with a more positive (and accurate) view.

Oct. 17 – Tamsin Astor, PhD

Establishing Routines for Healthy Habits - Many people make resolutions for the New Year, at Easter, on a Birthday or in a new work position... or just because they know it's time to change. These resolutions often involve some kind of change that is needed but hard to make and hard to maintain. Behavioral change can be challenging even when it is positive and is rarely a “once and done” action. Enter current neuroscience and brain research. This training looks at the power of establishing routines and reducing the brain power expended. The program helps busy people transform their mindset, create and maintain personal and business habits & a vision for the future that allows time for what they need and want in their lives.

Oct. 24 – Tamsin Astor, PhD

Change Your Habits Change Your Life: Discover the Way your Habits are Negatively Impacting Your Life and Learn How to Change Them! - Changing your life involves changing your habits - whether it's adding new ones or replacing the ones that don't serve you. Behavioral change - positive and negative - can be demanding. A recent study by NPR suggested that 44% of Americans make New Years' Resolutions, yet by February, 92% of people have given up on their Resolutions. This is where neuroscience and knowing how to harness your brain's natural goal-achieving power can be hugely impactful.

Oct. 31 – Judith Eugene

The Amazing Benefits of Gratitude Journaling - Keeping a daily journal of things that you are thankful for helps to elevate mood, increase optimism, alleviate depression, cope with grief, and provide a happier outlook on life. By noticing and focusing on the good things in your life, bad things diminish in effect. Participants will learn how to start a journal, what to include, and all of the ways that gratitude journaling can benefit them. We will also have a discussion about Mindfulness Meditation, as it ties into finding and observing things to be grateful for in the world around us.