

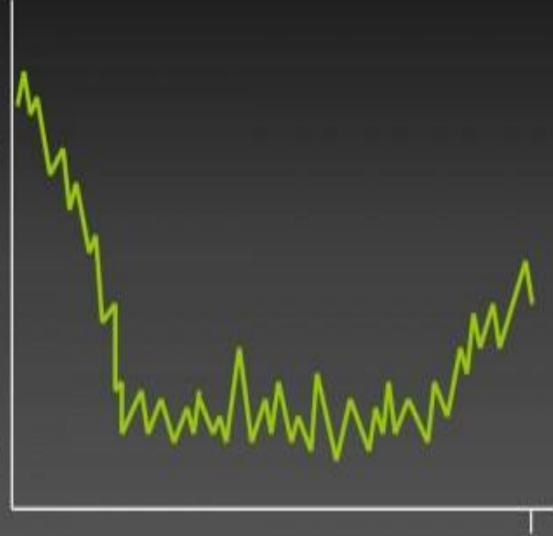
brain rules

12 Principles for Surviving and Thriving at Work, Home, and School

JOHN MEDINA







Time in minutes





The Amazing Power of Social Networks and How they Shape Our Lives

ls happiness catching?

Can your friends make you

Does free will fat? exist?

NICHOLAS CHRISTAKIS & JAMES FOWLER

Experience Sampling

On a scale of 1 (not at all) - 10 (extremely)

Do you feel:

Happy?

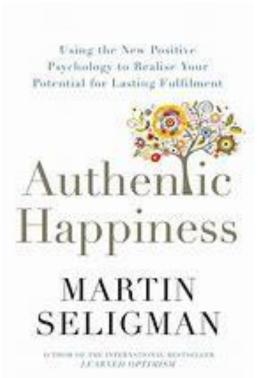
Relaxed?

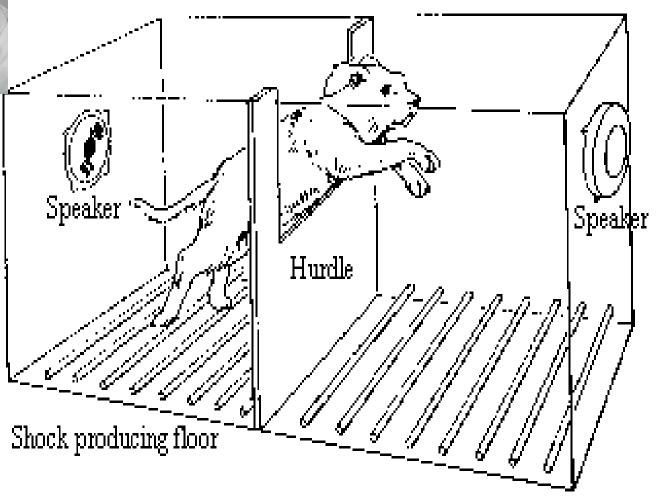
Awake?





Seligman's Learned Helplessness





Our Behaviour Matters



What Went Well

3 per day

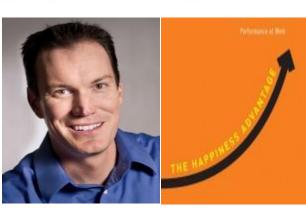
Shawn Achor: The Happiness Advantage



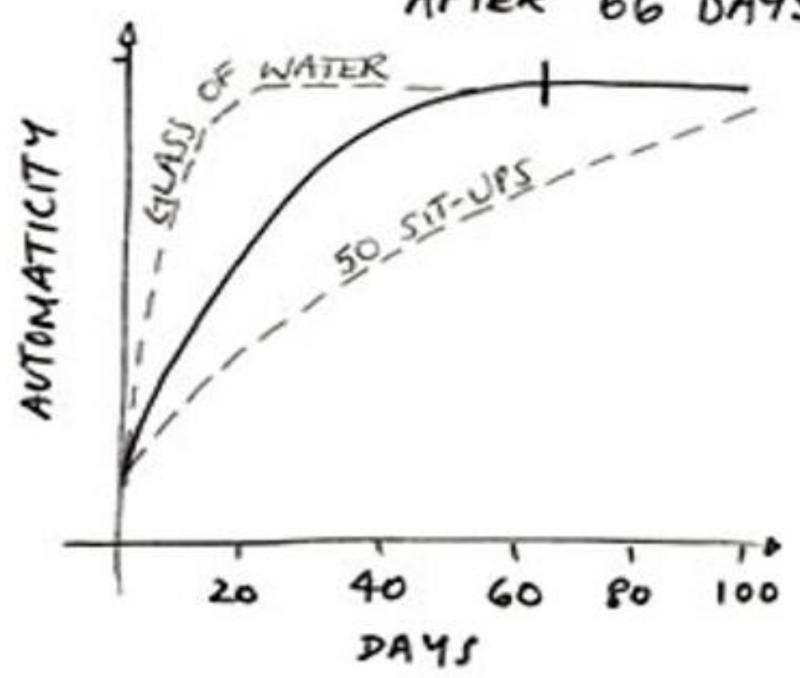


DAYS

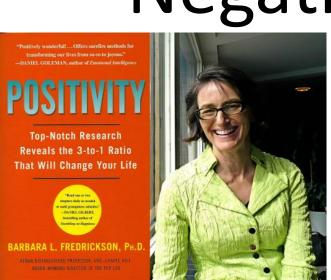
Shawn Achor: The Happiness Advantage



PLATEAU REACHED, ON AVERAGE, AFTER 66 DAYS



3:1
Positive:
Negative



Flourishing Range **Tipping Point** 3:1 2:1 1:1 **Positivity Ratio**



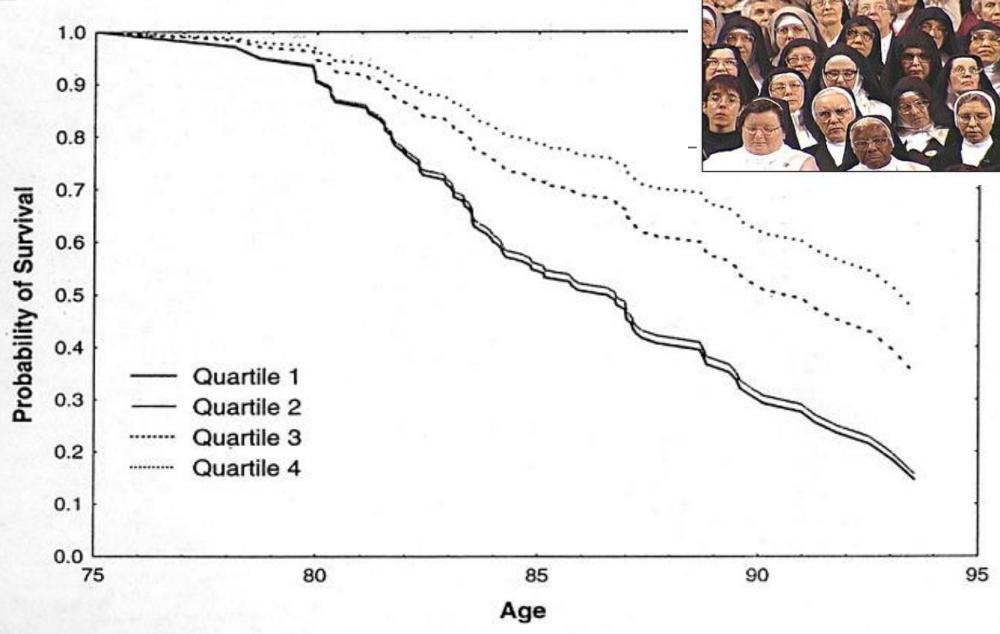


Figure 1. Quartile rankings of the number of positive emotion sentences in autobiographies written in early life and the probability of survival in late life for 180 participants in the Nun Study. (Note that the survival curves for Quartiles 1 and 2 are virtually overlaid on each other.)

OF THE TRUTH TELLER ** - FURTHER HERMAN, M.D.

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA





BESSEL VAN DER KOLK, M.D.



Oliver Burkeman The Antidote

Happiness for People Who Can't Stand Positive Thinking

The Power of Negative Thinking



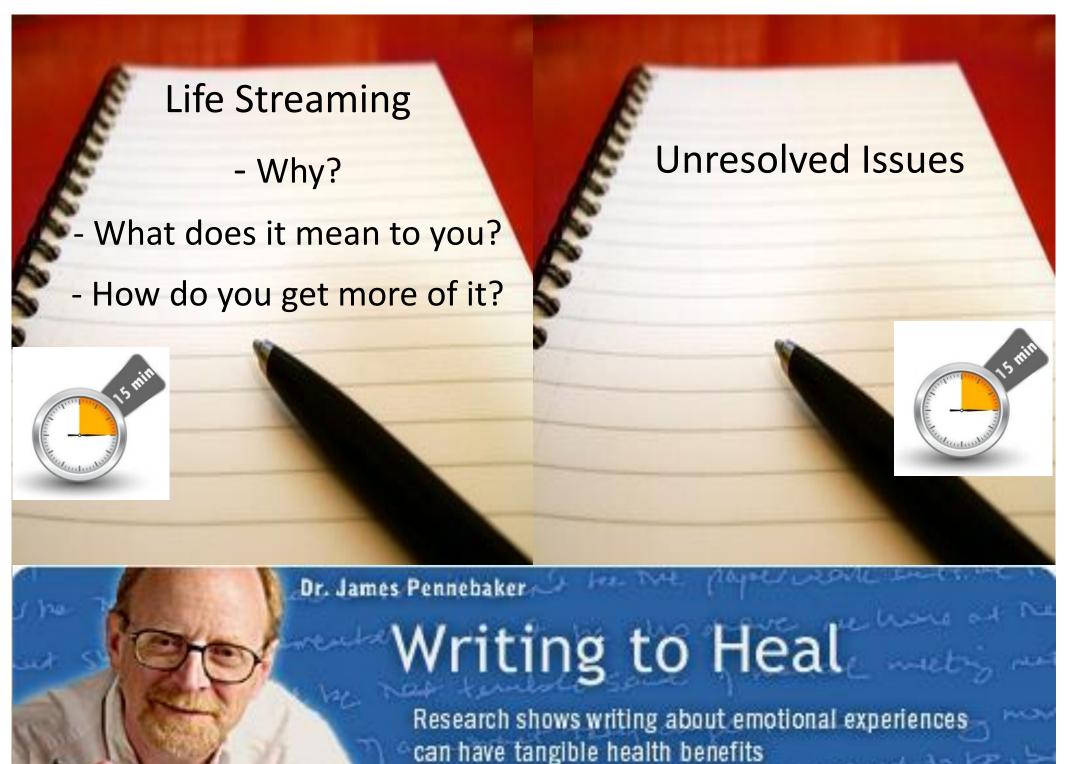
People who resist failure have a habit of interpreting setbacks, as temporary, local and changeable

HBR April 2011

Adversity - situation Belief - interpretation Consequences - reaction

D - dispute, distract, distance

Evidence - facts?



THE HAPPINESS TRACK

HOW TO APPLY THE SCIENCE OF HAPPINESS

TO ACCELERATE YOUR SUCCESS

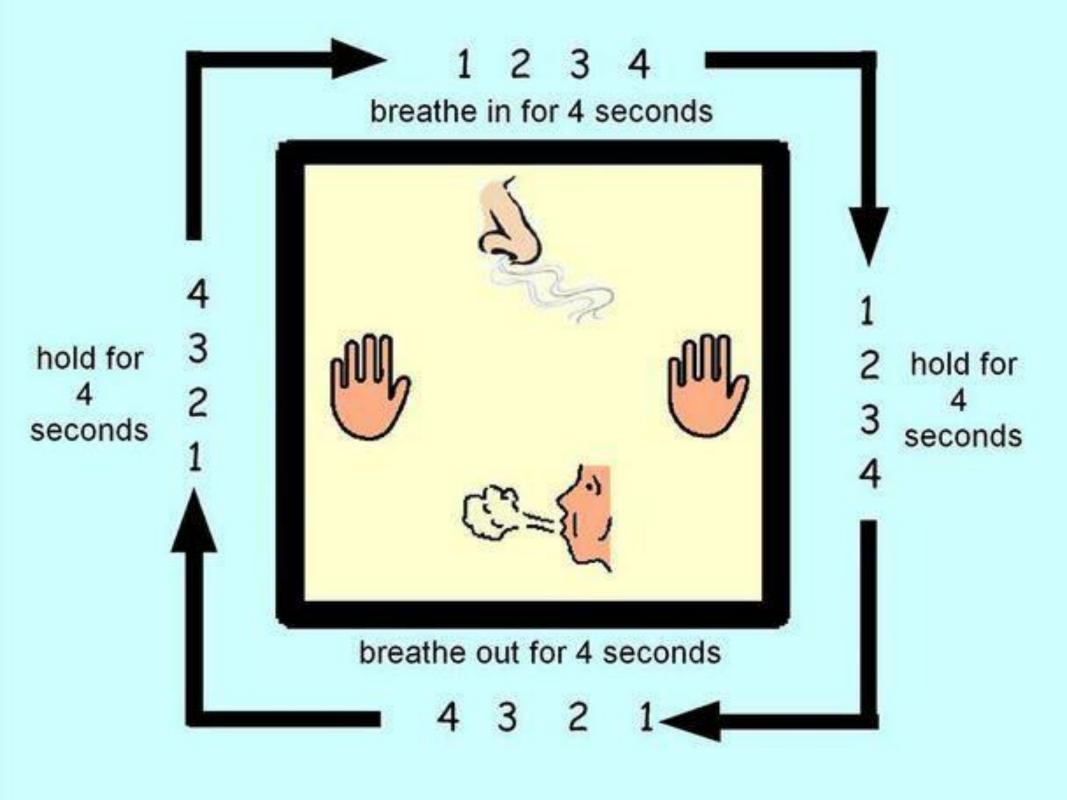


EMMA SEPPÄLÄ, PH.D.

SCIENCE DIRECTOR OF STANFORD'S

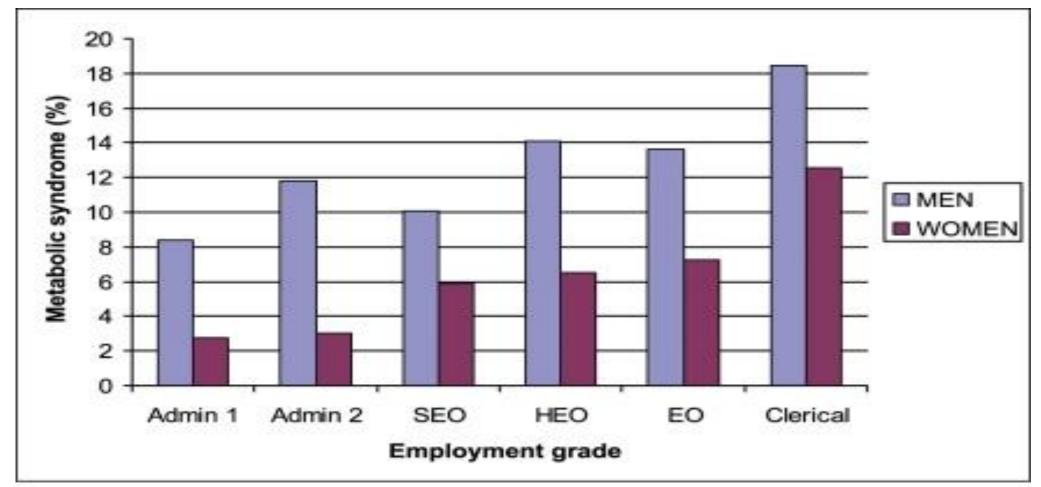
CENTER FOR COMPASSION AND ALTRUSM RESEARCH AND EDUCATION





Whitehall studies: metabolic syndrome by civil service employment grade

(5,382 men and 2,389 women aged 39-63)



Trend p < 0.0001 both sexes

Behavioural factors only accounted for a third in men and tenth in women



7.5 Years added to life

Ellen Langer and Judith Rodin



How to Slow Down Ageing

-Maintain a sense of control

- Keep mentally active

- Stay young at heart

- Be actively active

- Make an effort



TIMPSON

Great Service By Great People



A relieding recommend between look - a steel real fractions (2) between looks

JOHN TIMESON UPSINE DOWN MANAGEMENT

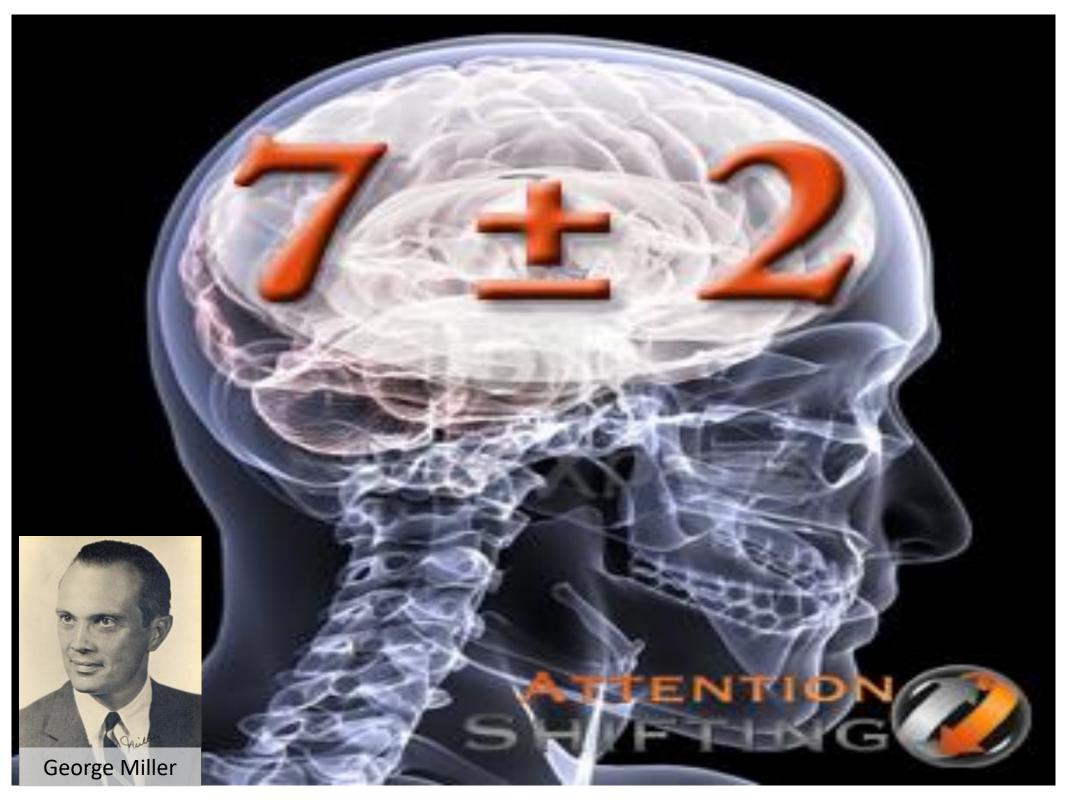
A Common Serve Guide

Four simple principles that will change your luck - and your life

FACTOR

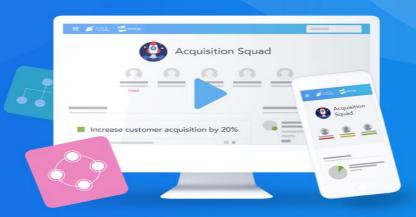
Richard Wiseman





Product





Adapt quickly, collaborate effectively, deliver more.

Just3Things is a software platform which empowers businesses to align and focus their efforts, act quickly to change priorities and bring the right talent together to deliver results.







Just 3 Things

Open, Transparent Goal Sharing to Boost Teamwork

Kim Atherton, Ovo Energy

Clients we work with





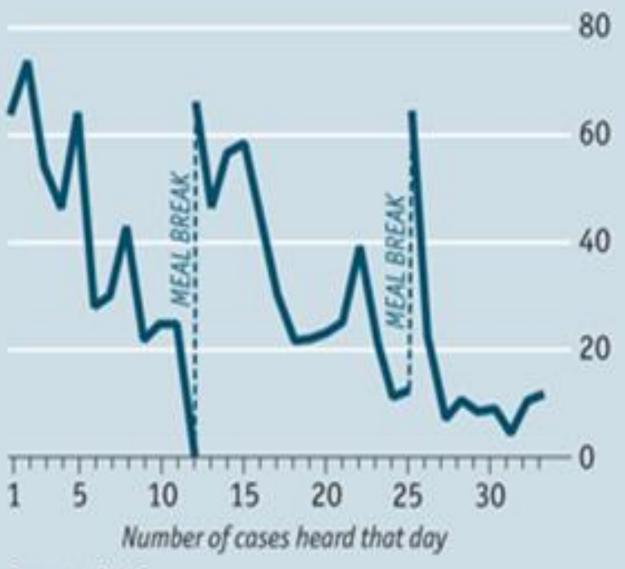




How work gets done

Judgment day

Favourable rulings by parole boards, %

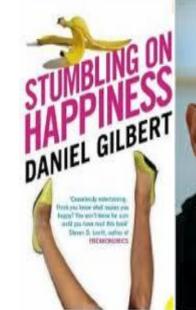


Source: PNAS

Proceedings of the National Academy of Sciences Shai Danziger of Ben-Gurion University of the Negev











SPARK

THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



Supercharge Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

JOHN J. RATEY, MD

COAUTHOR OF DRIVEN TO DISTRACTION

with ERIC HAGERMAN



"Positively wonderful!...Offers surefire methods for transforming our lives from so-so to joyous." —DANIEL GOLEMAN, author of *Emotional Intelligence*

POSITIVITY

Top-Notch Research
Reveals the 3-to-1 Ratio
That Will Change Your Life

"Read one or two
chapters daily as needed
or until grumpiness subsides."
—DANIEL GILBERT,
bestselling author of
Stumbling on Happiness

BARBARA L. FREDRICKSON, Ph.D.

KENAN DISTINGUISHED PROFESSOR, UNC-CHAPEL HILL, AWARD-WINNING DIRECTOR OF THE PEP LAB



10 Forms of Positivity

Joy Pride

Gratitude Amusement

Serenity Inspiration

Interest Awe

Hope Love

PositivityRatio.com - Online ×

About the Author

POSITIVITY

Welcome Mark.

You last filled out the Positivity Self Test on June 22nd, 2012.

Home

Home

Take Positivity Self Test

View Positivity Self Test Report

Use Day Reconstruction Method

View Day Reconstruction Method Reports

Record Milestones

Share Your Story

Read Inspiring Stories

Preferences

Log Out

About the Book

Blog

Buy the Book

Praise

Take the Test

On-line Tools

The book Positivity describes groundbreaking research by Dr. Barbara Fredrickson and colleagues about the hidden value of positive emotions and offers a new prescription for flourishing in life. Scientific evidence reveals that people who experience at least a 3-to-1 ratio of positive to negative emotions are poised to flourish. Positivity describes how you can raise your ratio, overcome negativity, and thrive.

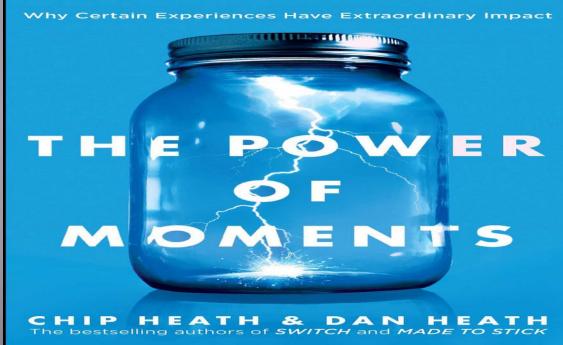
Positivity author, Dr. Barbara Fredrickson, developed the Positivity Self Test featured in the book and on this website to help you assess your current positivity ratio and track changes in your ratio over time. Just like tracking calories or cash flows can heighten your awareness and in time help you meet your fitness or financial goals, tracking your positivity ratio can help you raise your ratio and build your best future. Results may vary. Best outcomes emerge from sincere and heartfelt efforts to raise your ratio coupled with honest reports of your emotion experiences. Read more about the Positivity Self Test or take the survey here

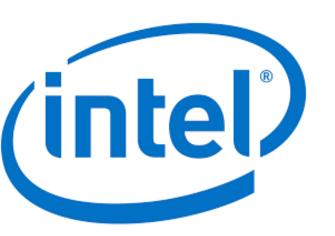


The Recognition Gap

Just 20% of employees say their work is regularly recognised and appreciated

Yet 80% of supervisors say they regularly express appreciation



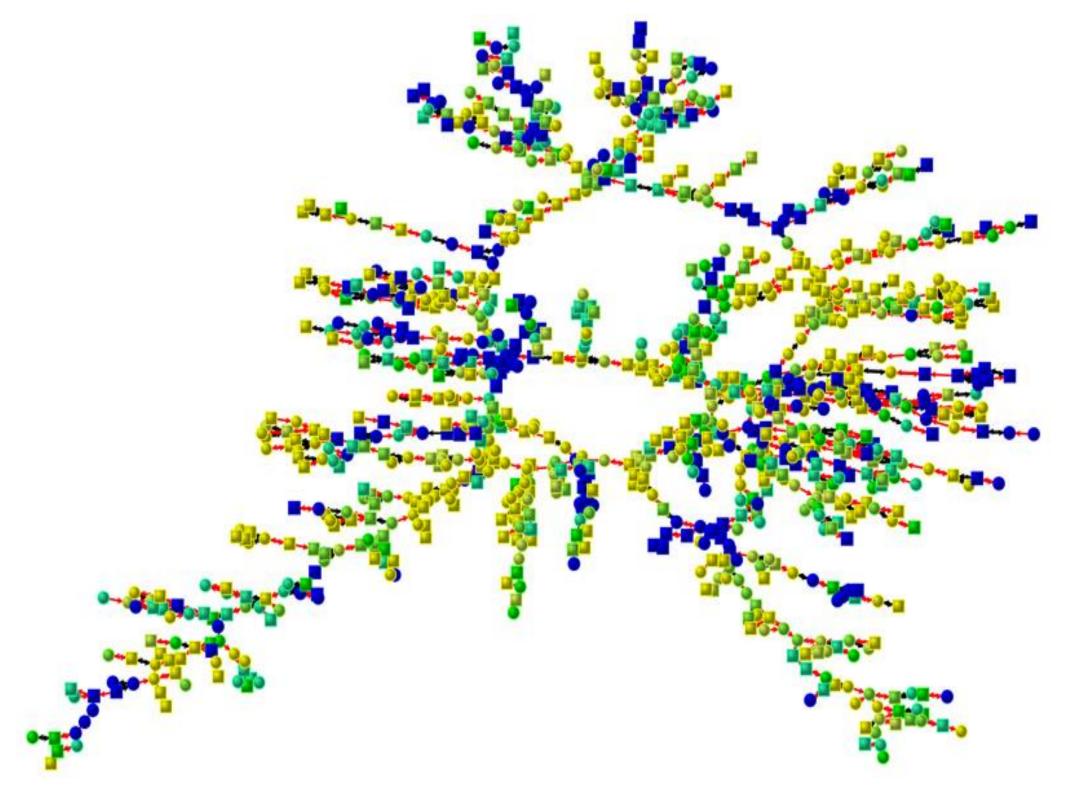


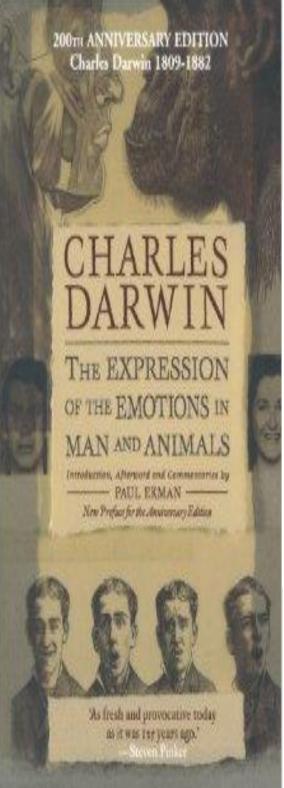
No Extra Reward (Control Group)

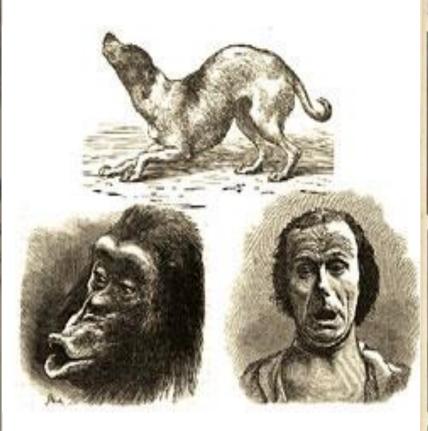








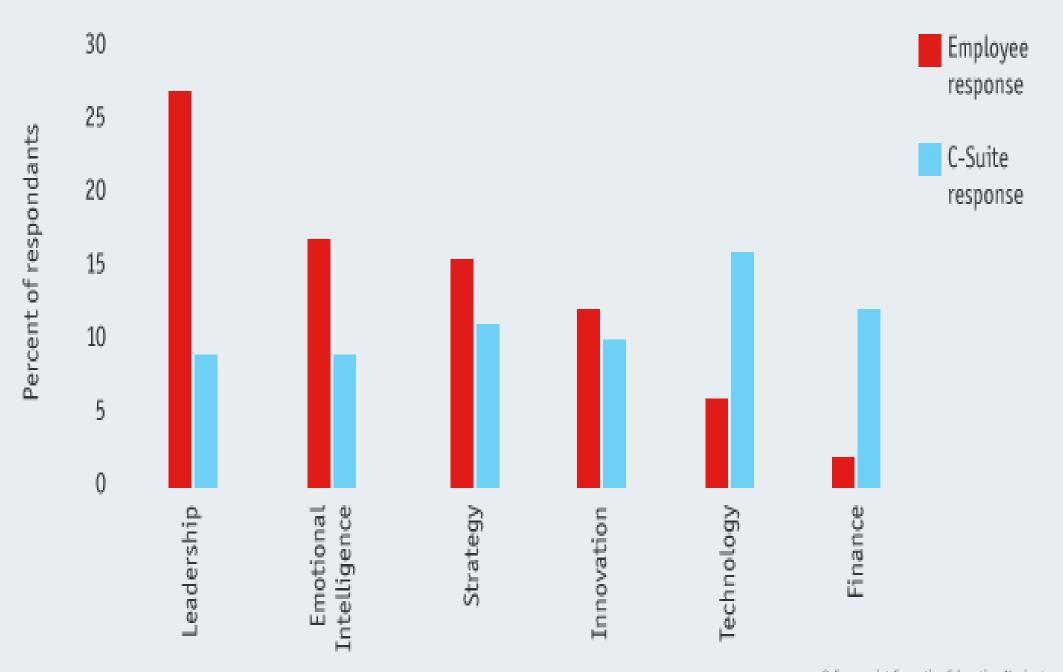








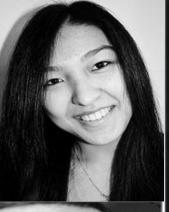
C-Suite skill needs: Employee response v C-Suite response

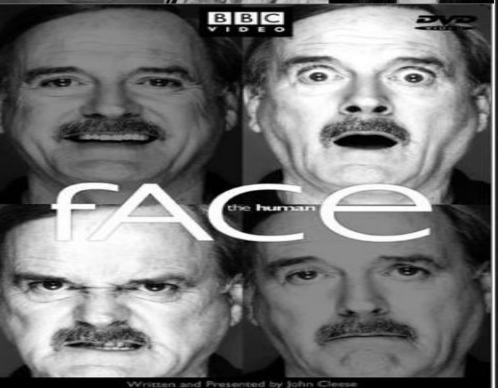












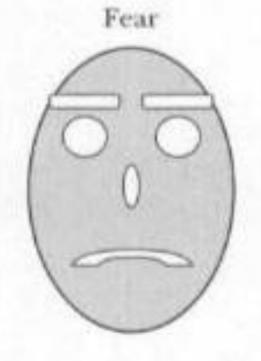
UNMASKING THE FACE

Paul Ekman and Wallace V. Friesen

A guide to recognizing emotions from facial expressions



Surprise Anger





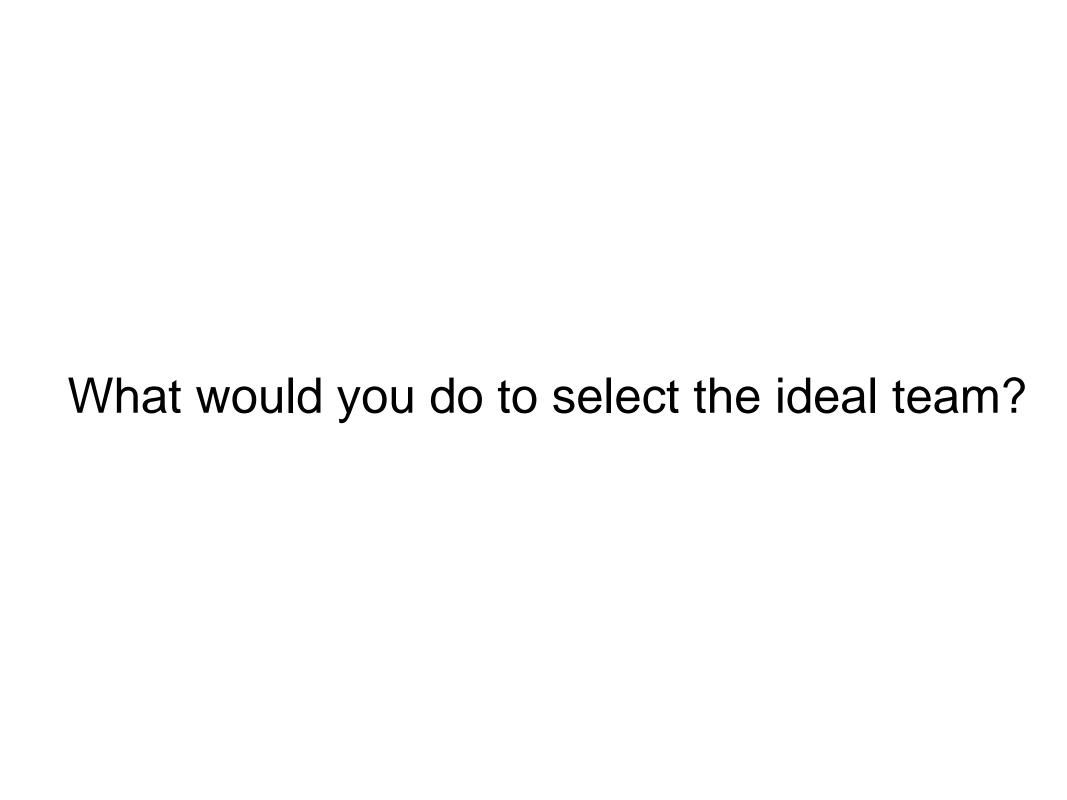












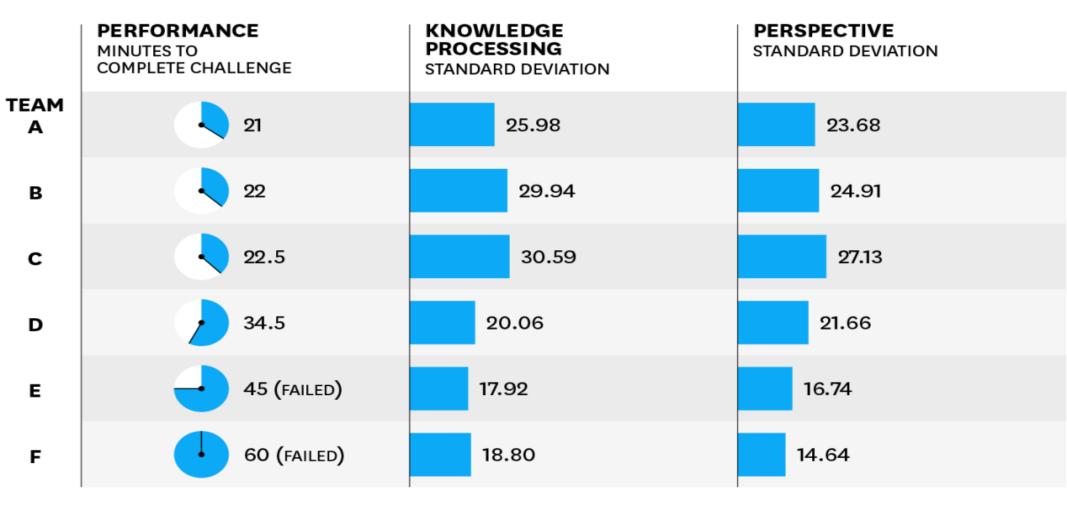








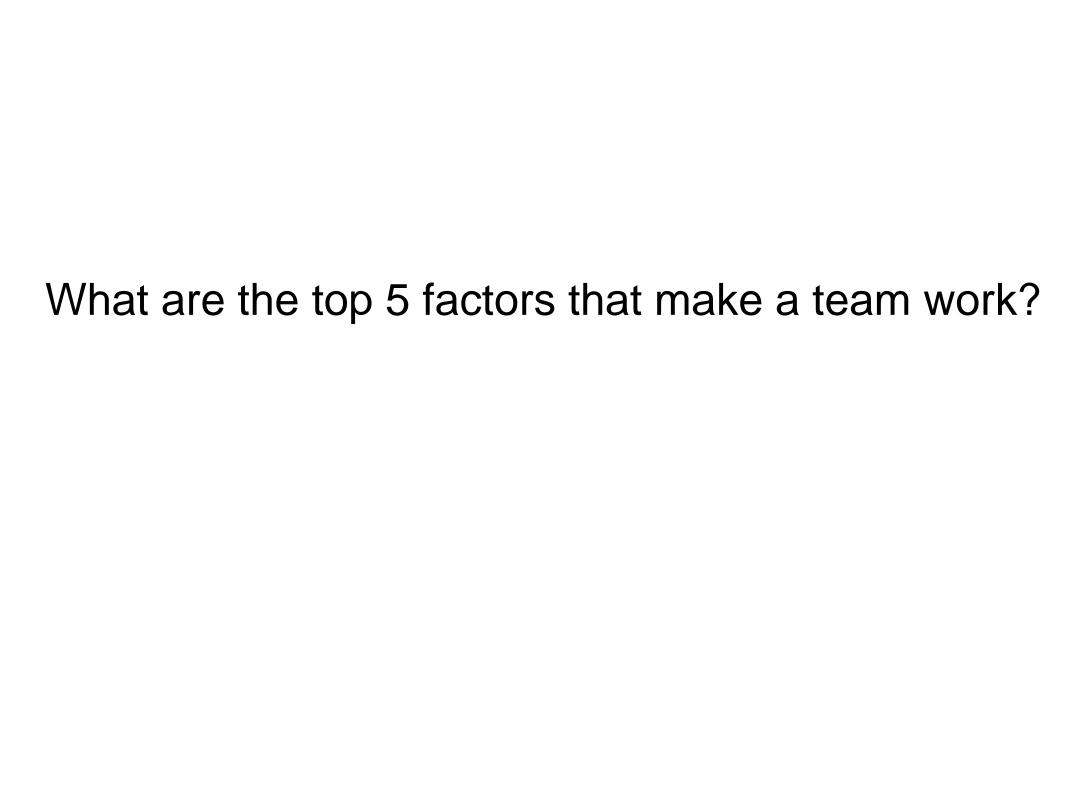
Higher Cognitive Diversity Correlates with Better Performance



NOTE COGNITIVE DIVERSITY IS CALCULATED AS STANDARD DEVIATIONS IN THINKING STYLES PRESENT ON EACH TEAM.

SOURCE ALISON REYNOLDS AND DAVID LEWIS USING THE AEM CUBE, A TOOL THAT ASSESSES

DIFFERENCES IN THE WAY THAT PEOPLE APPROACH NOVEL SITUATIONS





Psychological Safety

Team members feel safe to take risks and be vulnerable in front of each other.



Dependability

Team members get things done on time and meet Google's high bar for excellence.



Structure & Clarity

Team members have clear roles, plans, and goals.



Meaning

Work is personally important to team members.



Impact

Team members think their work matters and creates change.



"Packed with insight, drawn from cutting-edge research, and squarely aimed at 21st century leaders seeking to build collaborative, self-reflective teams."

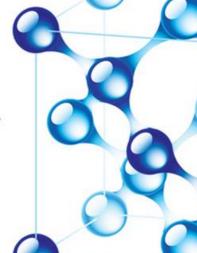
—DAVID GERGEN, professor of public service, Harvard Kennedy School; senior political analyst, CNN; adviser to four U.S. presidents

FOREWORD BY EDGAR H. SCHEIN

author of Organizational Culture and Leadership

teaming

How Organizations
Learn, Innovate,
and Compete in the
Knowledge Economy



Amy C. Edmondson

HARVARD BUSINESS SCHOOL



The Psychological Safety 7



If you make a mistake on this team, it is often held against you.

Members of this team are able to bring up problems and tough issues.

People on this team sometimes reject others for being different.

It is safe to take a risk on this team.

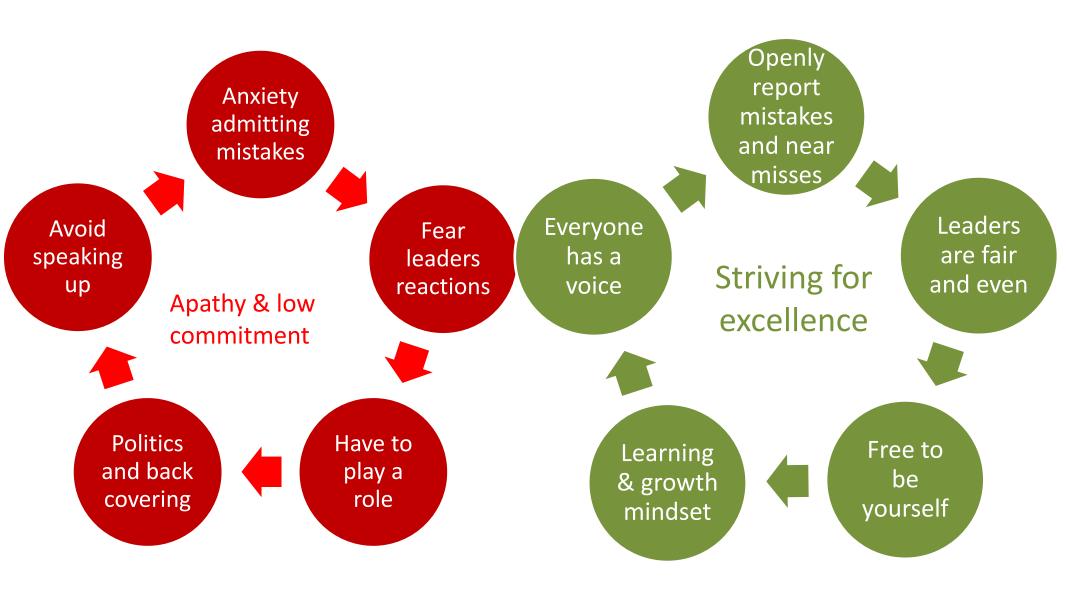
It is difficult to ask other members of this team for help.

No one on this team would deliberately act in a way that undermines my efforts.

Working with members of this team, my unique skills and talents are valued and utilized.

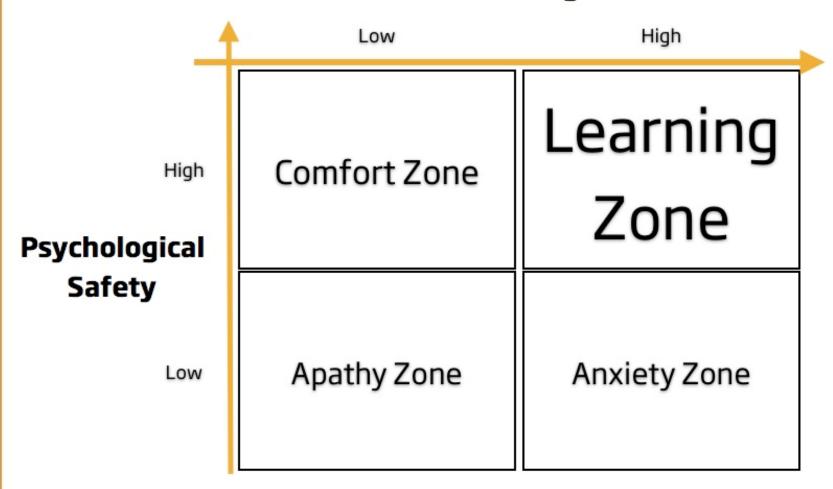
Fear & Anxiety

Psychological Safety



Concept of Psychological Safety Accountability for Meeting Demanding Goals

Demanding Goal



The competitive Imperative of Learning, Amy C Edmondson, HBR, 7/8 2008, p. 60-66

Your Money

Market Data

Companies

Ted Baker founder Ray Kelvin resigns amid 'forced hugging' row

() 4 March 2019

Business













The founder and chief executive of fashion chain Ted Baker, Ray Kelvin, has resigned following allegations of misconduct, including "forced hugging".

Psychological Safety

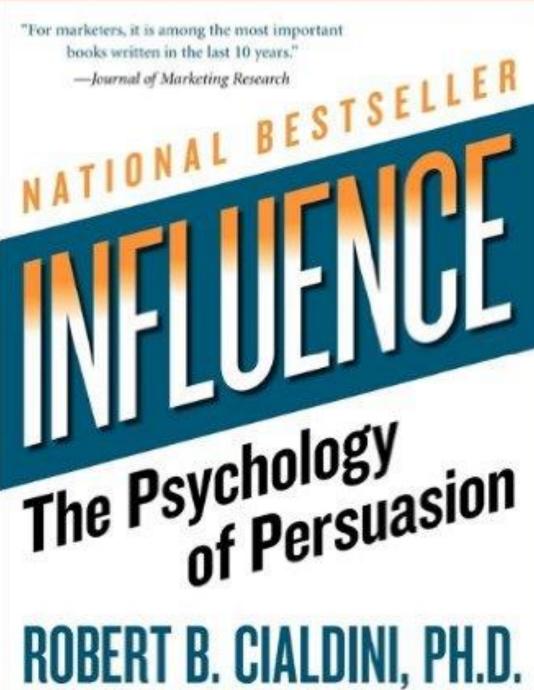
Respected Valued **Appreciated** Heard **Performing**

Fear & Anxiety

People feel small Insulted Disregarded **Uncomfortable Excluded**

REVISED EDITION

Share two of your interests





The Power of First Names

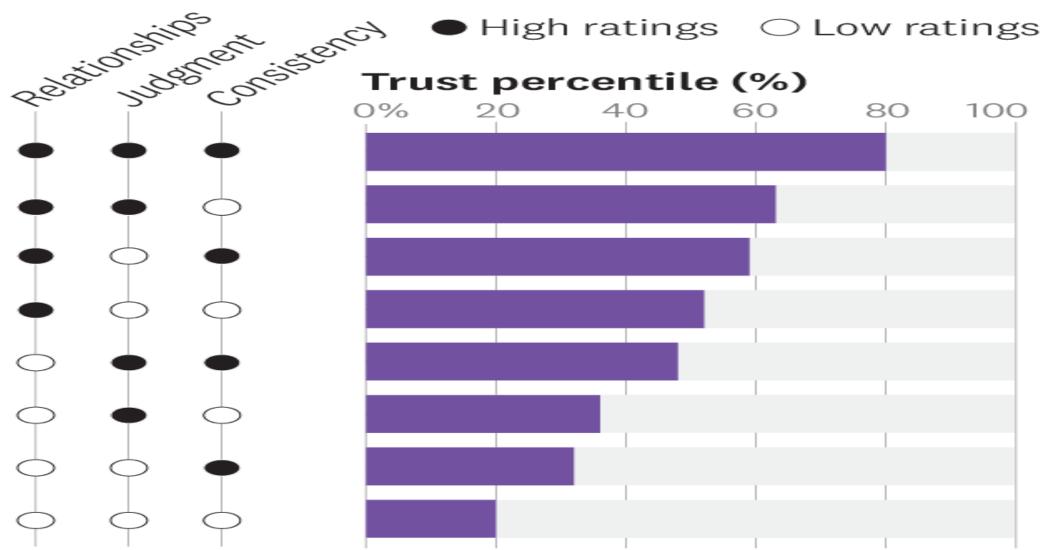




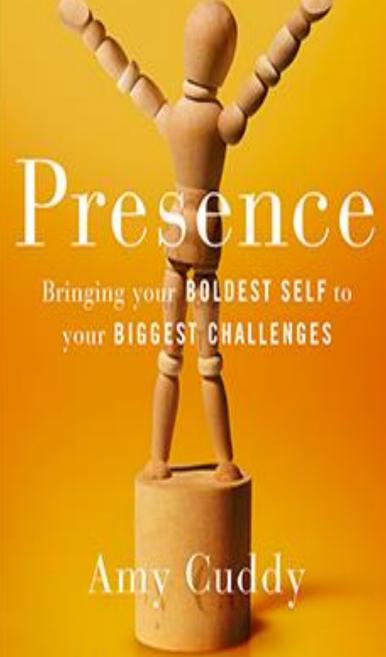
One Element of Trust Is More Important Than the Others

Relationships seem to matter more than judgment or consistency.

Combinations of the three elements of trust

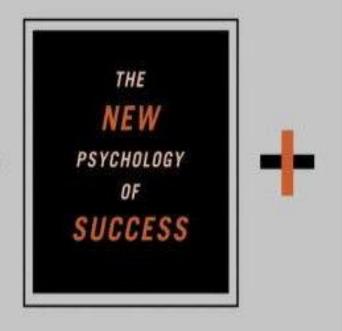






The high priestess of self-confidence for the self-doubting. A must-read for-well, for everyone. -Susan Cain, author of *Quiet*

MINDSET



CAROL S. DWECK, PH.D.



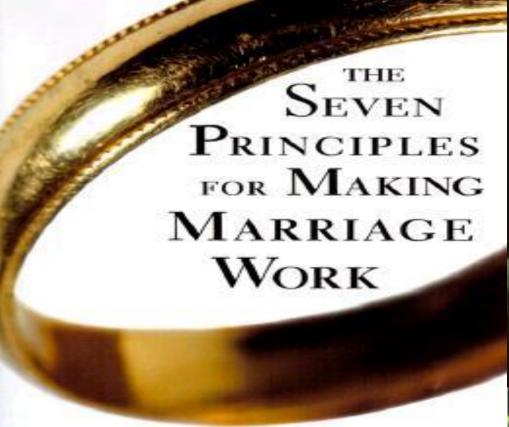
Praise Effort Rather Than Ability

- You must have worked hard to achieve that
- You planned well, look at the result
- Tell me more about how you did that...

- You are so clever
- You're a natural
- Another great outcome
- That's the result we wanted



Carol Dweck: Mindset



A Practical Guide from the Country's Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D.,

and NAN SILVER



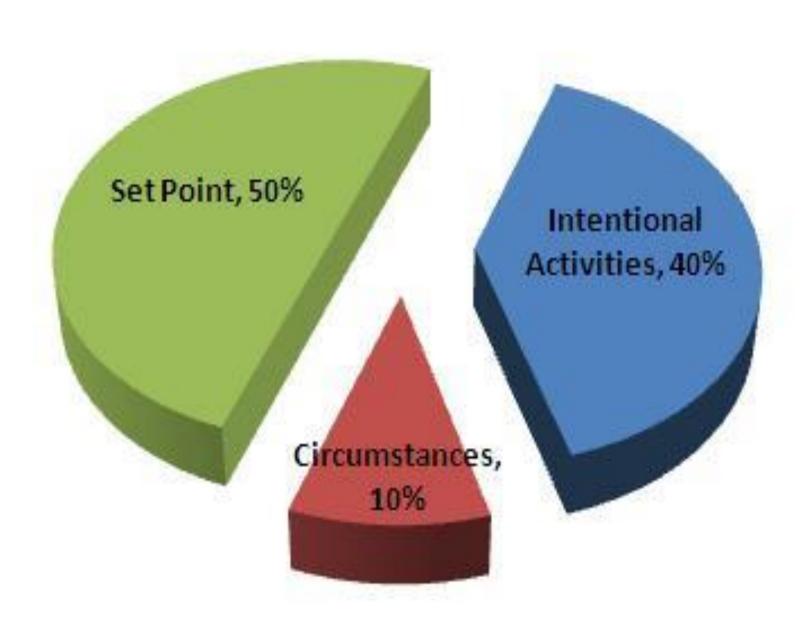




You need a 5:1 ratio at home!



What Determines Happiness?



Why the complexity of consciousness increases as a result of flow experiences





MINDSET OF A CRAFTSMAN

Love of One's Work

Thirst to Know and Learn

Focus and Intensity

Pursuit of Excellence

Openness and Desire to Share

Passion



DAYS

Shawn Achor: The Happiness Advantage

