

The Residence Life Secret

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Who we are...

- ✦ Who are you?
- ✦ What do you hope to get out of this session?

Exercise #1

- ✦ 3 adjectives that describe your current work place
- ✦ 3 adjectives that describe the workplace you want to have
- ✦ So, why don't you have it?

Participants will...

- ✦ Strengthen their self awareness of their own positive thinking and behaviors and how it impacts them professionally and personally.
- ✦ Gain a greater knowledge of the benefits of having a positive perspective in their personal lives and in the work place.
- ✦ Gain insight on practical methods to become a more positive thinker through the sharing of best practices among participants.

Am I a positive thinker?

- ✦ I watch the news about one hour per day
- ✦ I checked my email since I have been here
- ✦ I plan for the worse
- ✦ I get up in the morning and look at the clock and think; I am not going to get everything done I have to do today
- ✦ I am affected by bad weather
- ✦ I work with someone who never has anything good to say
- ✦ I tend to meet with students typically for judicial cases and incident reports
- ✦ I look forward to the summer when the students are no longer here
- ✦ I don't get paid enough for what I do
- ✦ I wish I had resources to recognize the staff and students

Power of positive thinking...

- ✦ Increased job satisfaction
- ✦ Better health/sick less often
- ✦ Longevity
- ✦ Stronger sense of team
- ✦ Less anxiety
- ✦ More creative
- ✦ Increased motivation

Putting words into action ...

- ✦ Think about your workplace. Write down an issue or situation that has had a negative impact on you.

Just Some Suggestions...

- ✦ The Power of Music
- ✦ Rewarding Yourself
- ✦ Saying Thank You
- ✦ Sharing Positive/Upbeat Stories
- ✦ Take a Break/ Take a Walk
- ✦ Ask "What's Good?"
- ✦ Greet Every Morning with "This is going to be a great day!"
- ✦ How do you respond to "How's it going?"
- ✦ Positive Visualization
- ✦ Appreciative Inquiry
- ✦ Check your thoughts
- ✦ The Law of Attraction

Q n A

Just For Fun

- ✦ Humour is a great way to relieve stress and see the lighter side of life...
- ✦ <http://www.youtube.com/watch?v=4ee6w5HSGa4>

Food For Thought...

- ✦ Why do we focus on the Do Nots?
- ✦ "What would you attempt to do if you knew you could not fail?" Dr. Robert Schuller

What's YOUR secret going to be?

Closing

"Whether you think you can or think you can't, either way you are right."

-Henry Ford