



Leadership Bites and Brews

"Making the Best of It" Virtual Series

Thursdays 4 pm-5 pm PST

The "Making the Best of It" virtual series of Leadership Bites and Brews will focus on reducing stress and anxiety while sharing skills to improve relationships, resilience, and thriving. Sharing the latest evidence-based research from the field of Positive Psychology, you will be able to immediately implement specific skills and techniques to allow you and your family to flourish in uncertain times.

- 1) **(04/30/20) Character Strengths** -utilizing your strengths when dealing with uncertainty – from knowing your signature strengths to spotting strengths in others.
- 2) **(05/07/20) Why be Positive when Everything is Negative** – Positive Emotions help us cope with stress, fear, and anxiety -learn essential skills to apply at work (remote or not) and at home to improve the environment
- 3) **(05/14/20) What to Say to Yourself when things go Wrong:** Understand self-compassion – learning what stops us from being as kind to ourselves as to a friend when there is a setback? Learn the three components of self-compassion and turn negative self-talk into positive action.
- 4) **(05/21/20) Maintain High-Quality Connections with Social Distancing:** Our happiness and effectiveness are powered by close and positive relationships. Learn the building blocks to these relationships as well as how to maintain them in this era of social distancing.
- 5) **(05/28/20) What to Say to Yourself when Things go Right.** Developing and cataloging your personal stories helps develop personal grit. Understand how to leverage past successes to improve confidence with your next challenge
- 6) **(06/4/20) What to Say When Things go Right for others?** Saying "Good job" to a friend's accomplishment is not doing a good job of improving either your relationship or their future skills. Learn what to say when a real achievement happens so that they can harvest the fruit for a long time.
- 7) **(06/11/20) Develop an Attitude of Gratitude.** The science of gratitude will show how expressing gratitude makes both the recipient and the giver happier and more resilient.
- 8) **(06/18/20) Thriving and Physicality:** It is hard to have a good day – if you are not feeling good physically. Learn why exercise is more important for the mind and then the body. Walk away with skills to apply at work and home.
- 9) **(06/25/20) Improving Focus and Clarity:** Developing the skill of being 'in the present' reduces stress, increases focus, and enhances productivity. Learn and apply some basic mindfulness techniques to increase awareness in your life.
- 10) **(07/02/20) The Flywheel of Success:** Learn how our beliefs affect our results, and our results affect our beliefs. We will cover some easy to apply strategies to increase the likelihood that you achieve the goals that are most important to you.
- 11) **(07/09/20) Words create Worlds:** Understand how the frame in which we ask questions influences the answer and direction of your teams and family. Change the question – "What's wrong with you, and how do I fix it?" to "What's right with you, and how do I use it?" Leadership is not about coming up with the right answers – it is about asking the right questions.
- 12) **(07/16/20) Finding Meaning & Purpose in your Work:** Learn how to shift your perspective from "This is just a job" (Where the days are long) to "This is what I was meant to do" (Where the days fly by).

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