

Maintaining a Positive Attitude When the Going Gets Tough

October 24, 2025 • 1:00 pm - 2:00 pm ET

The optimist's advantage includes creating habits to program your success and build resilience in this challenging world.

Agenda

Understanding Optimism

- Define and Deconstruct Optimism
- Why Optimism Matters and the Good News
- The Three Ps of Optimism

The Payoff Trap of Pessimism

- Why Some People Get Stuck in the Trap
- How Pessimism Can Fuel Core Needs

Habits of Optimists

- Five Habits of Optimists
- Application Example

Tools to Reinforce Optimism

- Four Tools to Reinforce Optimistic Habits
- Magic Ratio for Giving Feedback

Recap of Habits and Tools

- Challenge to Maintain Your Momentum

Now more than ever, the ability to cultivate emotional intelligence through optimism is essential—for your performance, your well-being, and your impact on others. Optimism isn't just a feel-good mindset; it's a powerful, learnable skill that can boost productivity, reduce stress, and help you approach each day with greater energy and purpose. It empowers you to motivate your team, inspire confidence, and become the kind of leader and person others are naturally drawn to.

Like a muscle, optimism strengthens with practice—and when exercised regularly, it becomes a critical tool for navigating uncertainty and leading with resilience. Optimistic leaders are not only more effective at work—they also foster stronger relationships, elevate the performance of those around them, and bring positivity into their homes and communities. Whether you're leading a team or simply trying to lead yourself through challenging times, the ability to stay grounded in hope and possibility can transform your influence.

Join us for this dynamic presentation and discover how to develop and apply optimism in ways that elevate your leadership, deepen your impact, and enhance your everyday life.

Faculty

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- Owner/CEO, Metamorphosis Coaching LLC
- Organizational psychology coach/consultant specializing in positive intelligence, emotional intelligence and authentic leadership
- Wrote 'The Role of Implicit Leadership Theories on Leader-Member Exchange and Follower Self-Efficacy,' creator of 'Lead Yourself First: 30 Practices To Strategically Help Leaders'
- Has spoken on this topic and others to chambers of commerce, Air Force Academy, chapter of the International Coach Federation, Southwest Florida Society of Human Resource Managers, health management associations, colleges and universities in southwest Florida
- Past-President, board of directors of the Gulf Coast Symphony; past chair for Taste of the Cape, American Psychological Association; Above Board Chamber of Florida; and International Coach Federation
- Ph.D. Degree in organizational psychology, Walden University; master's Degree in education, Temple University; B.S. Degree in music education, Penn State University main campus; Advanced Certified Professional and Executive Coach from College of Executive Coaching; Professional Certified Coach (PCC) from the International Coach Federation; Certified Positive Intelligence Coach, Certified EQi-2.0 and EQ360
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