



Collective Optimism

Over the last few years, we've had our fair share of crises. It can be challenging to remain optimistic. We even worry that being optimistic can seem out of touch. But, what we need now more than ever from our leaders, is optimism.

People don't typically make positive changes alone or in isolation. A positive mindset at work is often a collective exercise because the behaviours and attitudes are reinforced when a group does it together.

Where can you work as a team to create patterns that reinforce the positive? Not reinventing the wheel, just regular patterns to promote positivity. Things like appreciation and celebration to kick off a team meeting or monthly gratitude exercises to reflect on what's been achieved.