



Saying “No” To Negativity

November 11, 2020



Vensure Employer Services and our PEO Partners



Agenda

- 1 Born to Be Negative
- 2 Why Some People Are More Negative Than Others
- 3 Why Negativity Is Bad for Individuals and Organizations
- 4 Why Positivity Is Good for Individuals and Organizations
- 5 How to Stop Negative Thinking
- 6 How to Be More Positive
- 7 How to Create a Positive Work Environment
- 8 Q&A

Instructions for Submitting Questions with GoToWebinar



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› We will try to answer all the questions within the allotted time; however, if you did not get your question answered or if you come up with a question after the webinar ended, please contact webinarHRhelp@Vensure.com

Our Panelist



Robin Paggi
Training and Development Specialist

1

Born To Be Negative

Born To Be Negative

The Brain Reacts More Strongly to Negative Stimuli

Noticing Negative Things Alerts Us to Danger

Negativity Becomes a Problem When It's a Lifestyle

2

Why Some People Are More Negative Than Others

Why Some People Are More Negative Than Others

- › Genetics
- › Unmet Childhood Needs
- › Upbringing
- › Medical Reasons
- › Life Events
- › Companions
- › Work Environment



3

Why Negativity Is Bad for Individuals and Organizations

Why Negativity Is Bad for Individuals and Organizations

- › Makes Things Worse Than They Are
- › It Becomes A Habit
- › You Get What You Focus On
- › Leads To One-Down-Man-Ship
- › Makes People Despondent
- › Kills Innovation
- › Promotes Bad Relationships



4

Why Positivity Is Good for Individuals and Organizations

Why Positivity Is Good for Individuals and Organizations

Positive People:

- › Live Longer
- › Are Healthier
- › Have More Friends
- › Better Social Lives
- › Enjoy Life More
- › Are More Successful at Work



5

How to Stop Negative Thinking

How to Stop Negative Thinking

- Stop Thinking in Extremes
- Don't Over-Generalize Negativity
- Don't Minimize Positivity
- Stop Mindreading
- Stop Taking All the Responsibility
- Stop Forcing Your Own Rules One Life
- Stop Making Stuff Up

6

How to Be More Positive

How To Be More Positive

- Positive Words and Thoughts Stimulate Brain
- Regularly Engage in Positive Thinking
- Generate Five Positive Thoughts for a Negative One

7

How to Create a Positive Work Environment

How to Create a Positive Work Environment

- › Lead by Example
- › Increase Ability for Input
- › Respond to Employee Concerns
- › Treat People with Fairness and Consistency
- › Don't Use the Shotgun Effect
- › Explain Your Actions



Q&A

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**Thank You for
Your Time**

