

The Power of Positivity in the Workplace

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Engage · Reward · Succeed

Carol-Ann Reid
TRANSFORMATIONAL COACH



Who we are

We transform employee engagement through one powerful platform, helping to create engaged, purpose-led organisations through the power of technology



Engage

Be recognized, be well, and be connected wherever you work.

RECOGNITION

WELLNESS

COMMUNICATIONS



Reward

Be rewarded with merchandise, experiences, and custom awards.

REWARD PLATFORM

CUSTOM AWARDS

CUSTOM SWAG



Succeed

Be successful with surveys and analytics that track real impact.

SURVEYS

ANALYTICS

The Power of Positivity in the Workplace

Meet your presenter

Carol-Ann Reid, Life and Mindset Coach

Carol-Ann Reid is a Mindset Coach specialising in resilience and confidence, combining neuroscience and practical mindset tools. She uniquely activates others personal power and potential, with over 10 years professional experience and vast knowledge.

Carol-Ann has supported companies such as RedBull UK, Strata Homes and Ashfield Medcomms with their staff wellbeing, which she feels is the bedrock to a positive culture and lasting success. Her Warrior Wellbeing Toolkit books both reached Amazon number 1 best sellers, and she is the host of the Apple chart topping podcast - Going Within Is The New Going Out.





**Do we have a
volunteer?**

The feeling on the unknown



Can create anxiety



Decreases engagement



Increase overall stress

Research from Forbes shows that uncertainty at work takes a bigger toll on our health than actually losing our job.

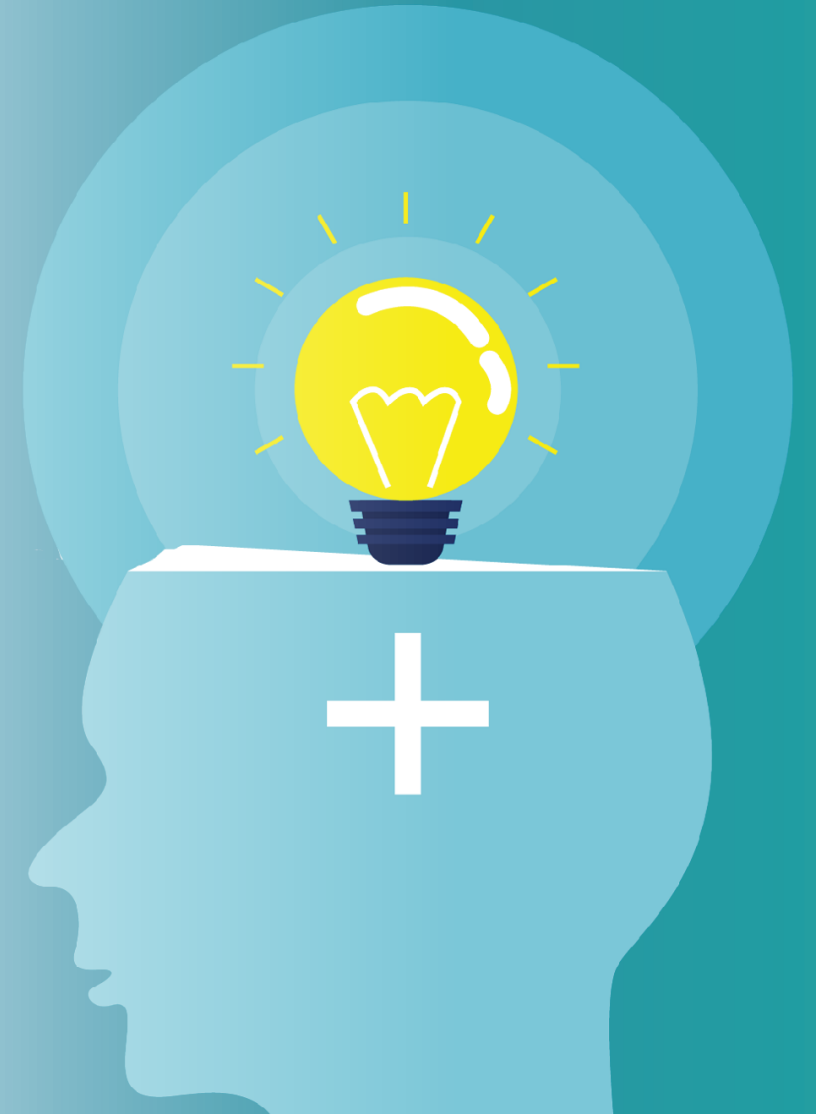
Depression and anxiety disorders cost the global economy an estimated \$1 trillion per year in lost productivity

World Health Organisation



Employees who feel engaged and have a positive mindset are 21% more productive than those who are disengaged

Gallup



Constant Thoughts

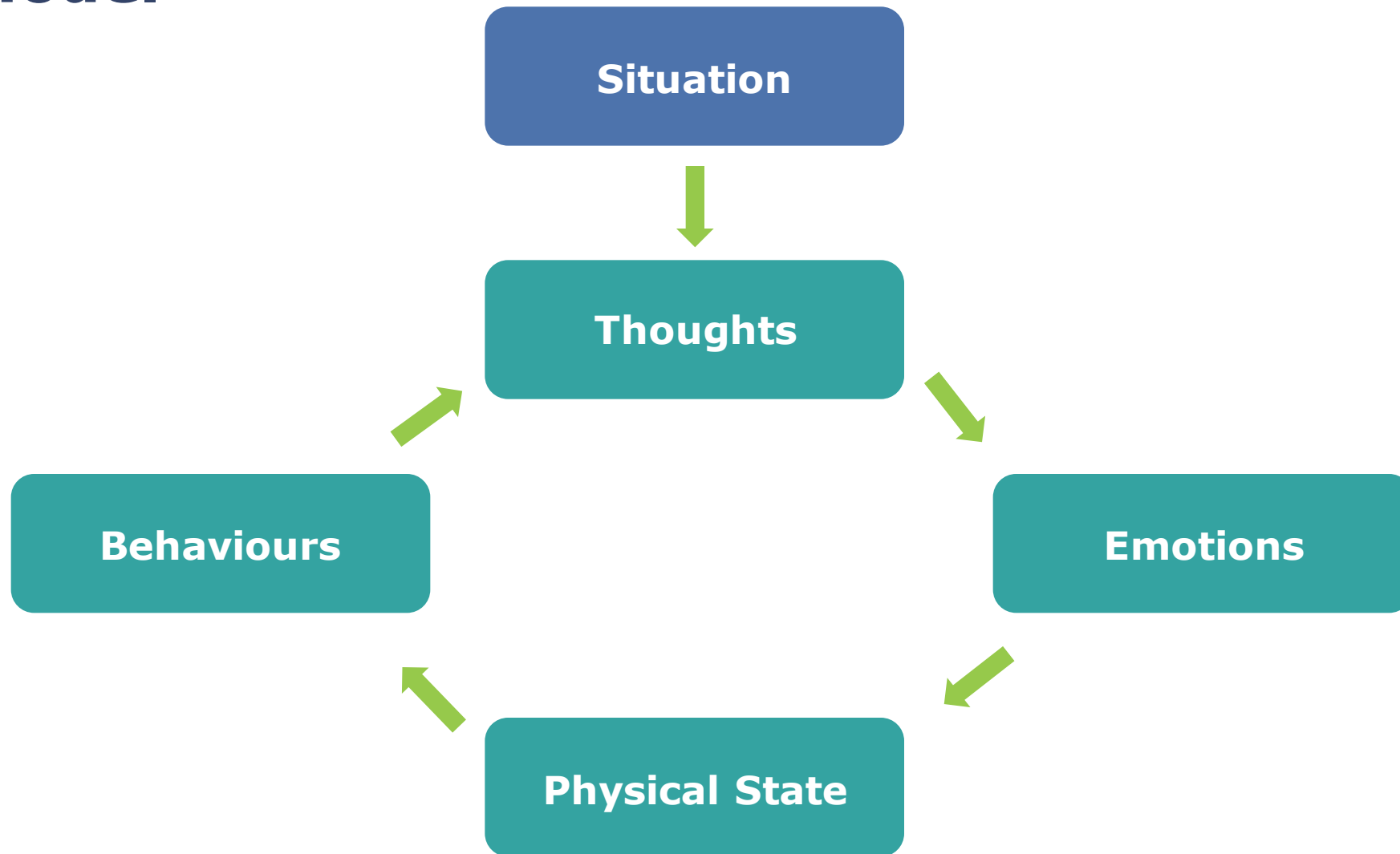


50,000-75,000
thoughts on
average per day

What % of these
are habitual?

What % of these
are negative?

CBT Model



GROWTH MINDSET

MISTAKES
HELP ME LEARN

I IMPROVE
WITH PRACTICE

FEEDBACK
IS VALUABLE

IS THIS MY BEST
WORK?

I WON'T
GIVE UP



FIXED MINDSET

I KNOW
BEST

I'LL NEVER BE
THAT SMART

I WANT TO
AVOID MAKING
MISTAKES

THIS IS GOOD
ENOUGH

I GIVE UP



Neuroplasticity

Neuroplasticity is the brain's ability to **reorganise itself by forming new connections**, crucial for learning, adaptation, and habit formation.

This adaptability allows us to **refine habits over time**, making it possible to cultivate positive changes by understanding and leveraging neuroplasticity through consistent practice and reinforcement.



The SNAP Band Method



Stop: Catch the thought



Notice: Is the mind chatter negative or disempowering?



Affirm: Choose a new, more empowering thought



Practice: Embed new ways of thinking with repetition

Interrupts habitual thought patterns and allows you to choose your thoughts, empowering you to think, feel and behave differently.



Mastering your morning, master your day



The Power of Positivity in the Workplace

Daily habits to help channel positivity

- ➔ Intentions
- ➔ Optimism
- ➔ Champion
- ➔ Gratitude
- ➔ Mindfulness

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The Power of Positivity in the Workplace

How can you support employees to feel more positive?

1. Recognition & Celebration
2. Active Listening
3. Support Mental Health & Wellbeing
4. Discover Personal Goals

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3 Key Takeaways



Change is possible, it starts by going within



A positive culture is born through the minds and hearts of positive employees



It's the simple things that have the most positive impact

Any Questions?

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LinkedIn: Carol-Ann Reid

Instagram: @carolannreidcoach

Podcast: Going Within Is The New
Going Out

Thank you

Want to discuss your employee engagement needs?
Contact Adam Porter at aporter@terryberry.com

www.terryberry.com/gb

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