

# The Power of Positivity in the Workplace



**terryberry**  
Engage • Reward • Succeed

# Who we are

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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

Meet your presenter

# Carol-Ann Reid

Life and Mindset Coach

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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 10years 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.





Write down a personal goal for the rest of 2025



**Do we have a volunteer?**

# The feeling of the unknown

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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

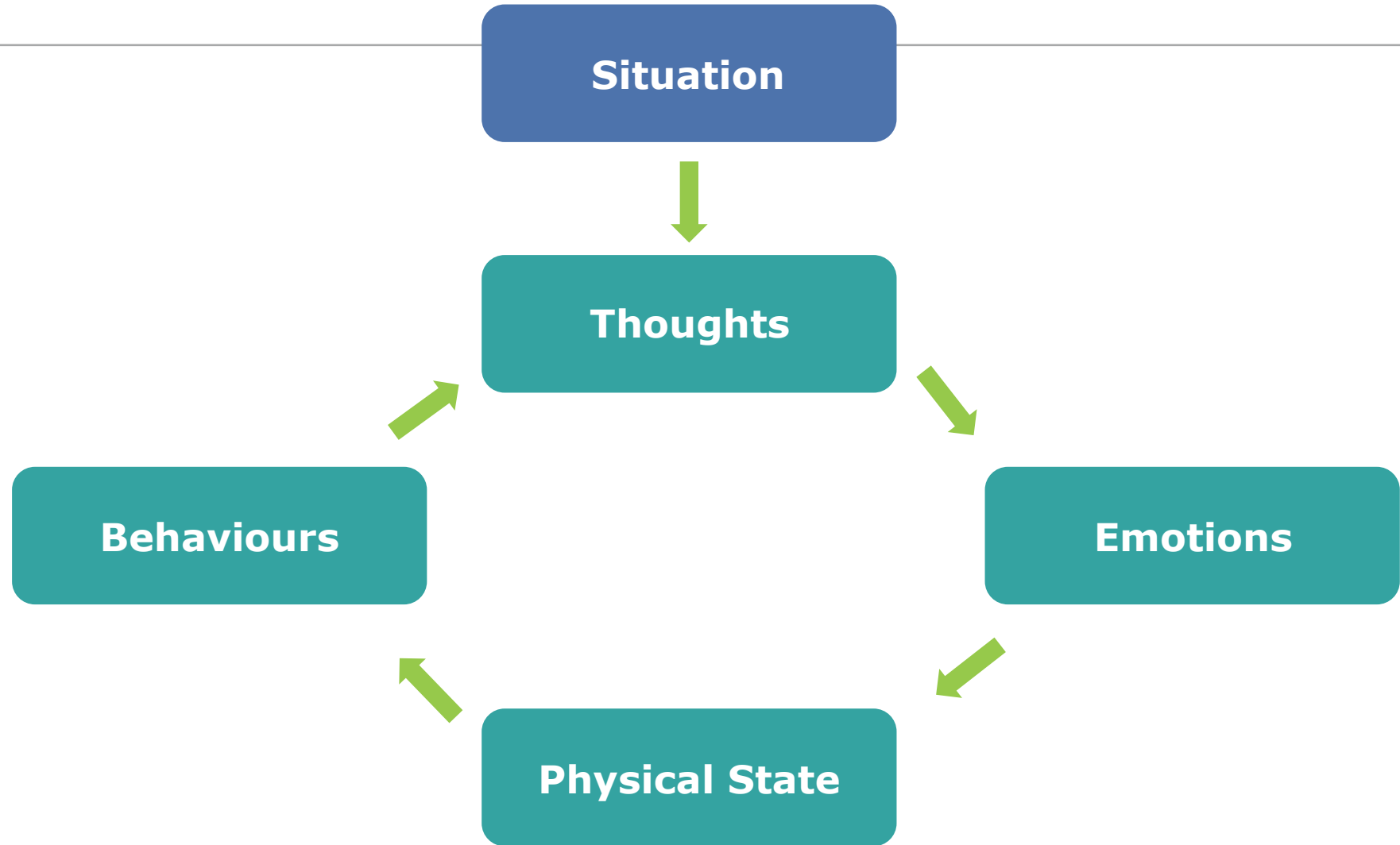


**50,000-75,000**  
thoughts on  
average per day

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

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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**



# Brainwaves Upon Awakening

## Brainwave States Upon Waking:

### Theta (4–8 Hz):

Subconscious access, intuition, creativity, deep memory

### Alpha (8–12 Hz):

Calm focus, learning, clarity, mind-body connection

**This is your most powerful window for intentional mindset work.**

### What Disrupts It:

Scrolling, emails, caffeine = fast shift to **Beta (12–35 Hz)**

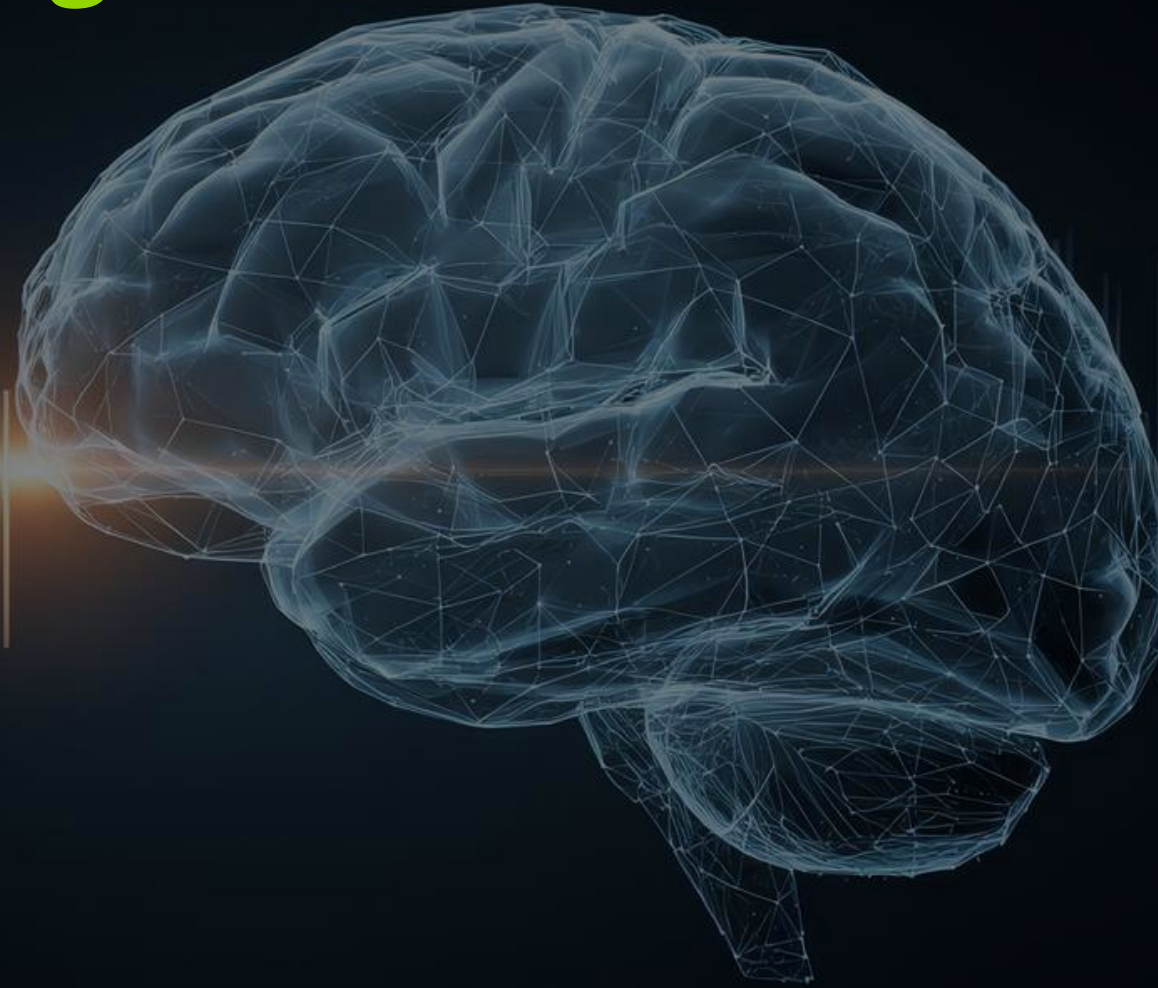
- Fight-or-flight mode
- Increased stress + reactivity
- Reduced creativity + clarity

### Why It Matters:

Morning sets your **mental operating system** for the day

Starting in reaction mode trains your nervous system for stress

10–15 mins of presence = better decisions, performance & regulation





The Power of Positivity in the Workplace

# Daily habits to help channel positivity

➡ Intentions

➡ Optimism

➡ Champion

➡ Gratitude

➡ Mindfulness



The Power of Positivity in the Workplace

# How can you support employees to feel more positive?

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



# 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

# Questions

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# Thank You!

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