



KEYNOTE
 "How to Stay Positive and Focused in Uncertain Times"

Sarita MAYBIN
 MOTIVATIONAL SPEAKER, COMMUNICATION EXPERT AND AUTHOR

Are You Change Ready – Yes or No?



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SEVEN STRATEGIES FOR THRIVING ON CHANGE

>>Respond "YES" OR "NO" to each statement<<

- 1 I have a "big picture" vision for my life
- 2 I view change as an opportunity for growth
- 3 I am able to identify both the positive and negative in any situation
- 4 I have an understanding of current events and issues
- 5 I have a network of friends and colleagues whom I can count on for support
- 6 I have a good sense of humor
- 7 I have strong communication skills

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THE BIG PICTURE




RESOURCES

Book - *If You Don't Know Where You're Going, You'll Probably End up Somewhere Else*, David Campbell

Book - *The Brand You 50*, Tom Peters

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WHO'S IN YOUR NETWORK?



BOOK
Dig Your Well Before You're Thirsty, Harvey Mackay

BOOK
New Rules of the Game, Susan Packard

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Sense of Humor Helps



- Sarita's Humor Winners
- Coping and Connecting thru "inside jokes"


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*"If you don't like something, change it.
If you can't change it,
change your attitude.
Don't complain."*
-Maya Angelou

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THREE P's FOR STAYING POSITIVE



- P**ersonal
- P**ermanent
- P**icture

RESOURCES

Book - *Learned Optimism*
Dr. Martin Seligman

Book- *If You Can't Say Something Nice, What DO You Say?*
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12 MOTIVATORS – Which ones Motivate YOU?

- A sense of belonging
- Interesting projects
- Recognition
- Challenging projects
- Opportunity to learn
- Opportunity to move into leadership roles
- Opportunity to make a difference
- Job Security
- Being respected for abilities
- Being able to work independently
- Authority; being empowered
- Being inspired by an effective leader



FIVE WAYS TO REKINDLE PASSION FOR YOUR CAREER



- 1** Set a worthy goal – Meet the challenge
- 2** “Two-sided coin” – Teach. Learn.
- 3** Nourish – “Resiliency Resources”
- 4** Serve
- 5** Attitude of gratitude

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