



# Reducing Negativity in the Workplace

## Languages Offered:

- English
- Spanish

*The Best Ways to Combat Workplace Negativity is to Keep It from Occurring in the First Place!*

Negativity in the workplace can cause tension and unproductivity. It is important that supervisors create an environment where employees feel appreciated, valued, and heard. When an employee feels valued, they in return will give their best work and feel accomplished.

## What will trainees learn?

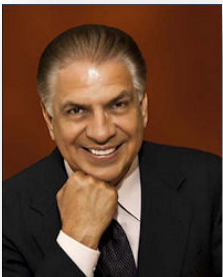
- Defining and developing a deep understanding of Negativity
- Benefits of reducing negativity in the workplace
- Understanding whether or not negative behavior is learned
- Self-Talk
- The difference between pessimistic and optimistic
- The answers to what creates negativity in the workplace
- 8 Tips that help minimize negativity in the workplace
- Changing old habits into new habits
- Cures for negativity
- Listening to your employees
- Don't take things personal—solutions to negativity
- Know yourself and you will win all battles

## How will this training benefit your company and employees?

By attending this training, employees will learn new ways to change their attitude in the workplace. They will also gain an understanding of the causes that create negativity, and learn new techniques to change their attitude toward different situations that arise at work on a daily basis. Trainees will understand that 10% of life is what happens to us and 90% is how we react to it.

*This training can be conducted for 8 hours or more. Onsite training may be customized to meet your business needs.*

## About Frank Ortiz



Frank Ortiz teaches and trains at the San Bernardino Community College District. He has experience in motivating and inspiring people in businesses, schools, senior facilities and small groups. He is an expert in Leadership, Communication Skills, Team Building, Supervisory Skills, and Business Strategies. In addition to his training, Frank has personally experienced a variety of management positions in his lifetime. Starting from the bottom to the top where he worked as the Vice-President of a large corporation to the CEO of his own retail chain of 14 stores. He has dedicated the last eight years strictly to his speaking career helping others achieve their goals and dreams.