The Art of Being Brilliant

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@beingbrilliant @NikkiEA15

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WeLCOme

A
432

Positive Change

So what's this Positive Psychology stuff all about anyway?

Positive Psychology is about conducting rigorous scientific experiments to unearth 'the secrets' of how to feel great, with the aim of spreading that knowledge for the greater good of society.

Andy Cope

Positive psychology studies what makes life most worth living.

Christopher Peterson

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'inspiring people'

Super You.....

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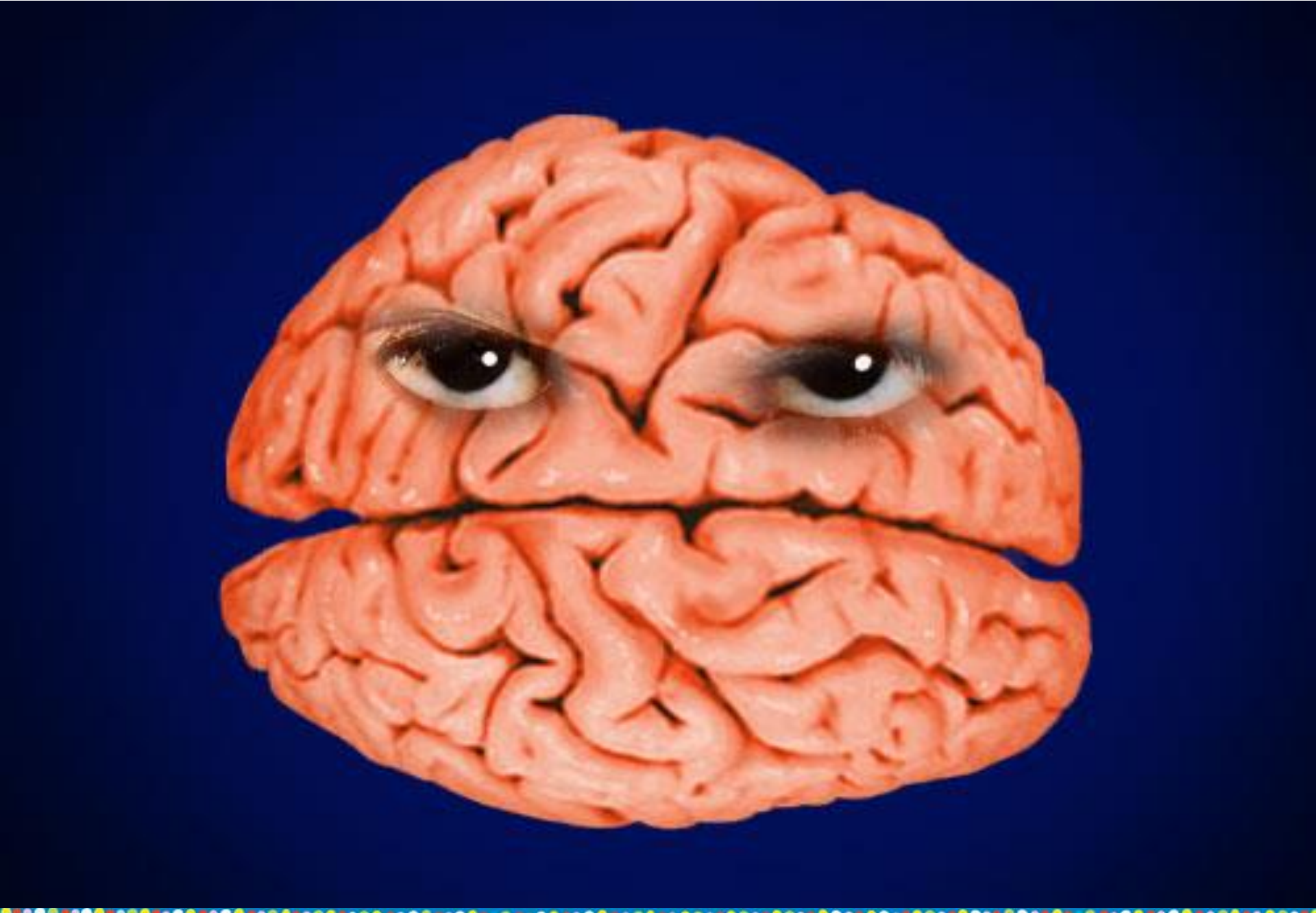
The happy train!
FunMeme.com

"I DON'T BELIEVE IT"



Training Flea

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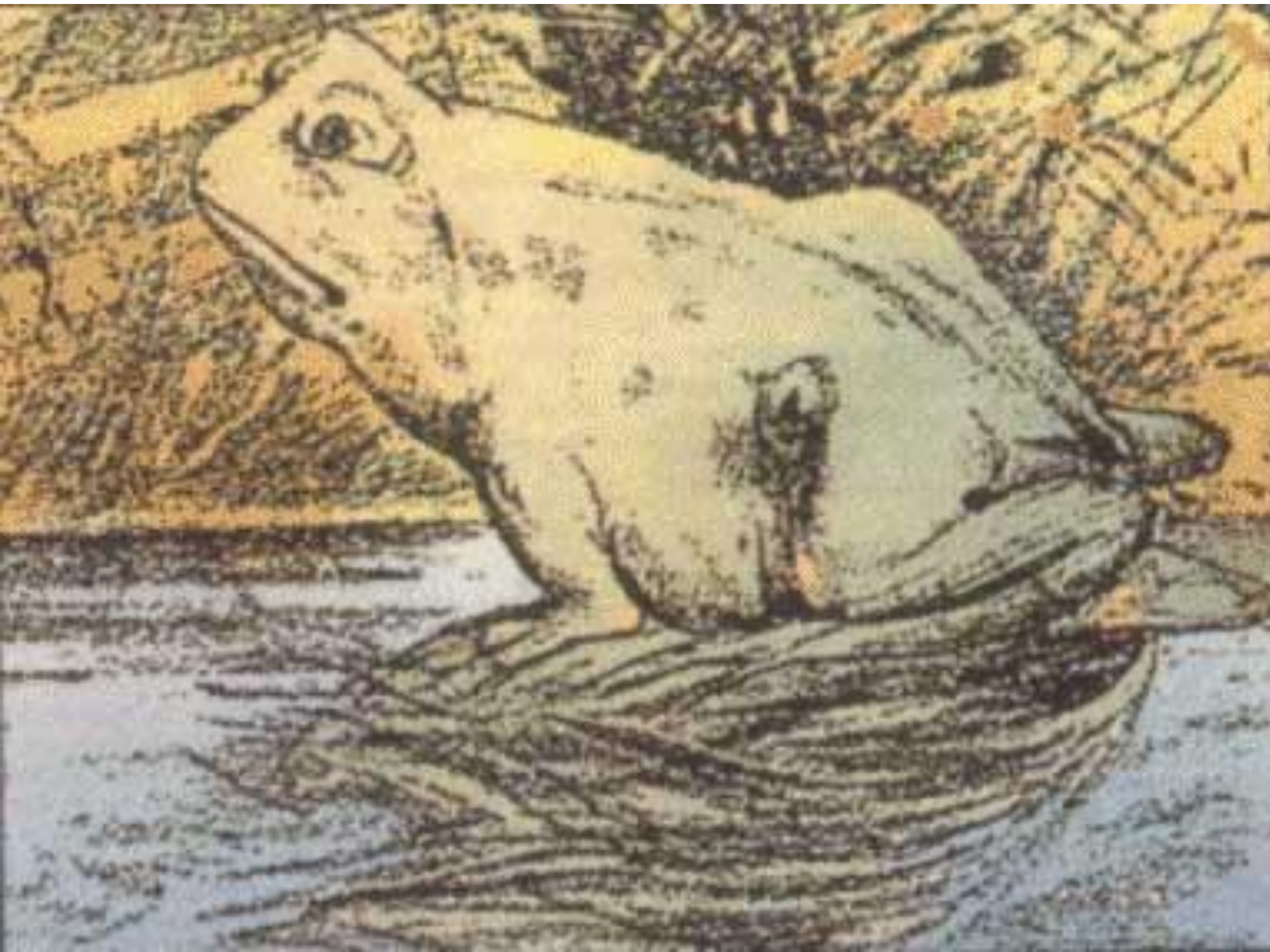
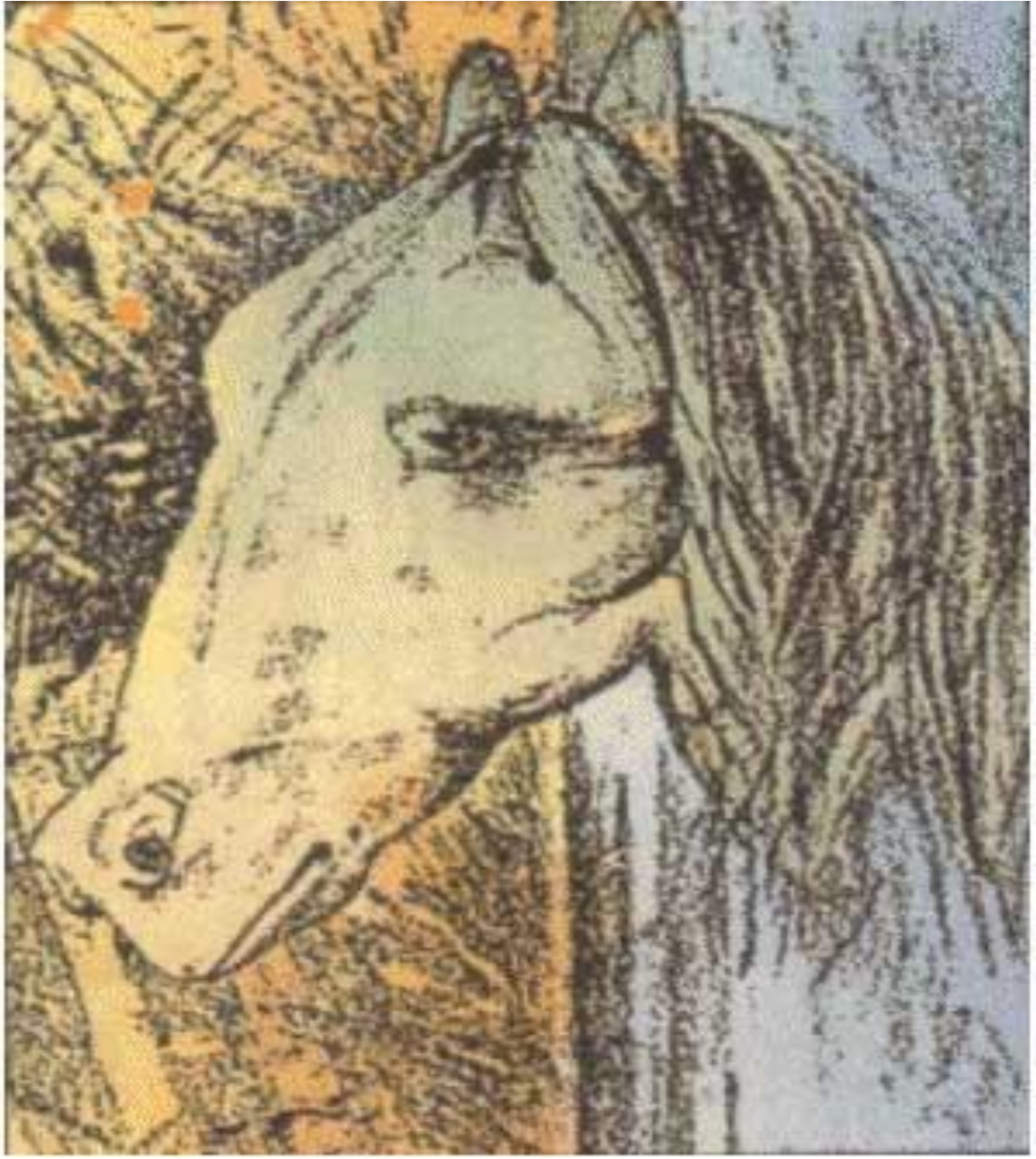
"I DON'T BELIEVE IT"

First a test.....

....spot the horse..

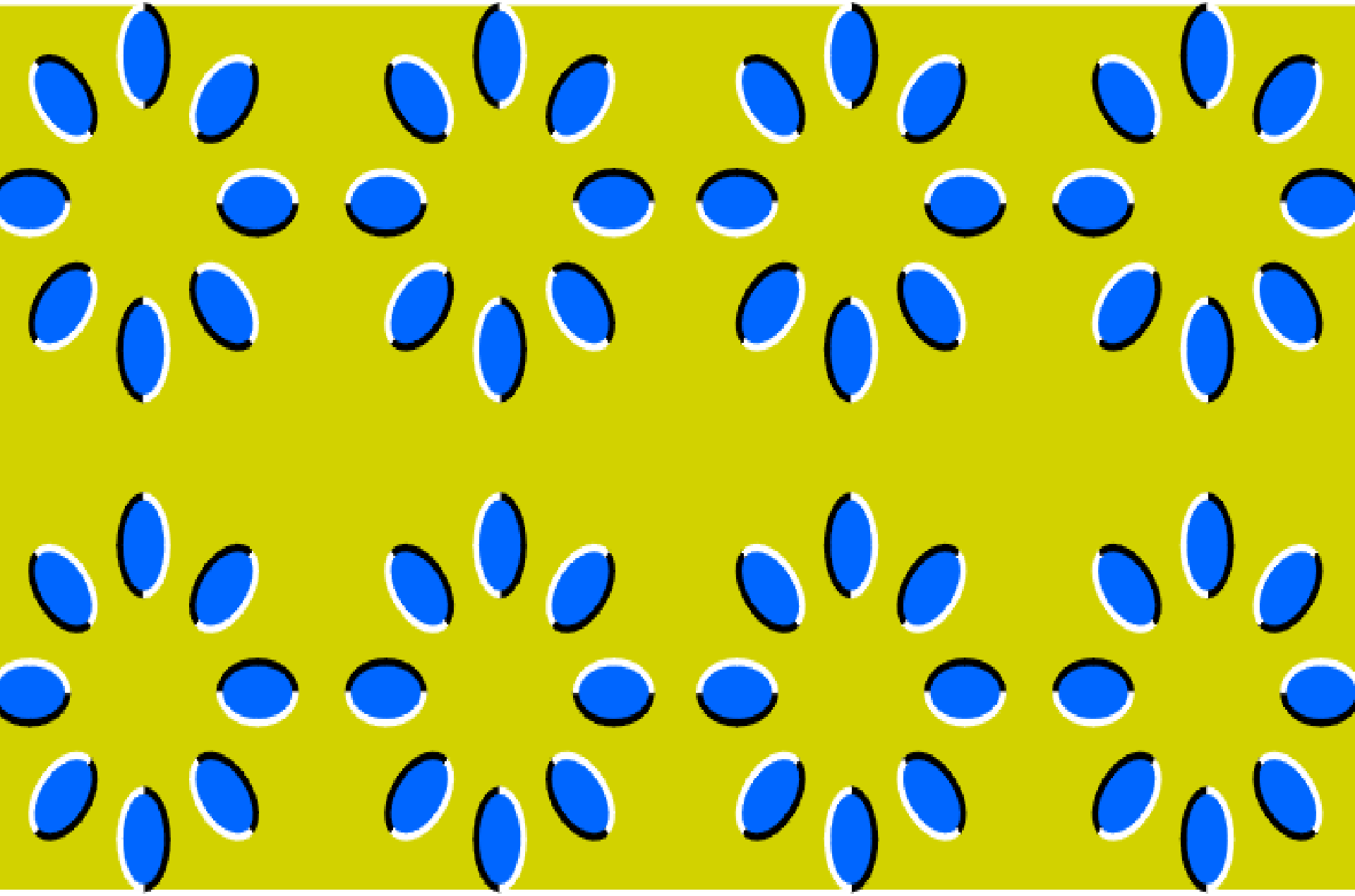




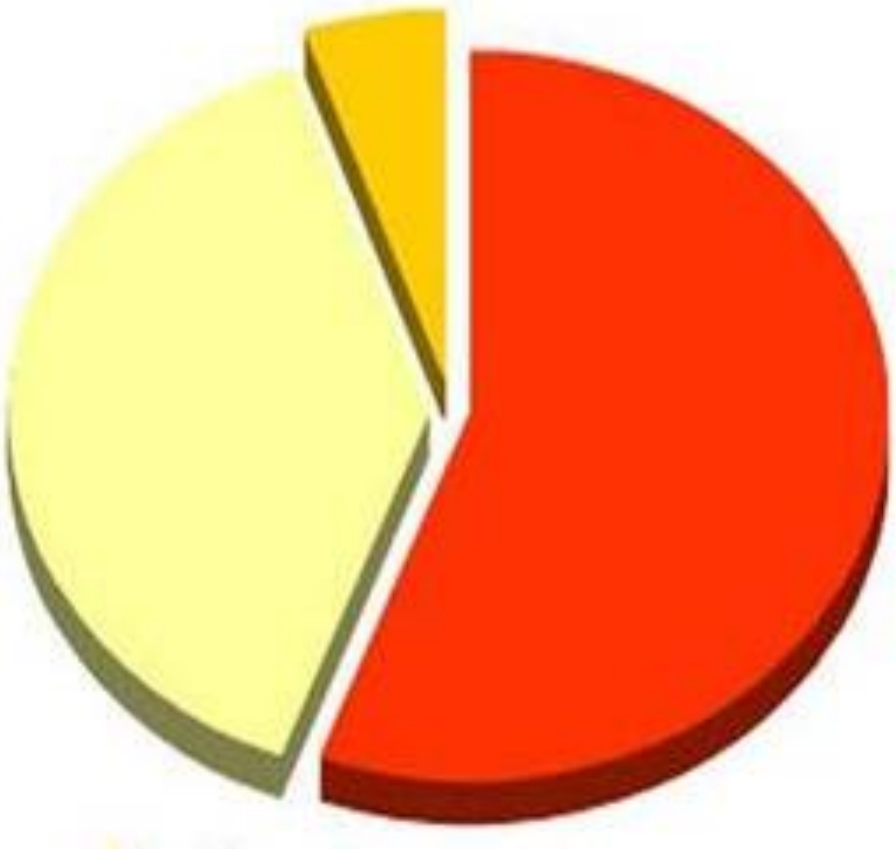
the same old thinking
the same old results

The 4 horsemen of negativity

1. Busy-ness
2. Monotony
3. Complexity
4. News
5. (Change)



Time spent eating an orange



- Peeling the skin off
- Picking off the yucky white stringy bits
- Actually eating the orange

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EXERCISE:

What do we take for granted when we're doing 'Busy'?

T.G.I.
FRiDAY'S
®

HAPPINESS

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LIFE
ISN'T ABOUT WAITING
FOR THE STORM TO PASS...
IT'S LEARNING TO
Dance
in the rain

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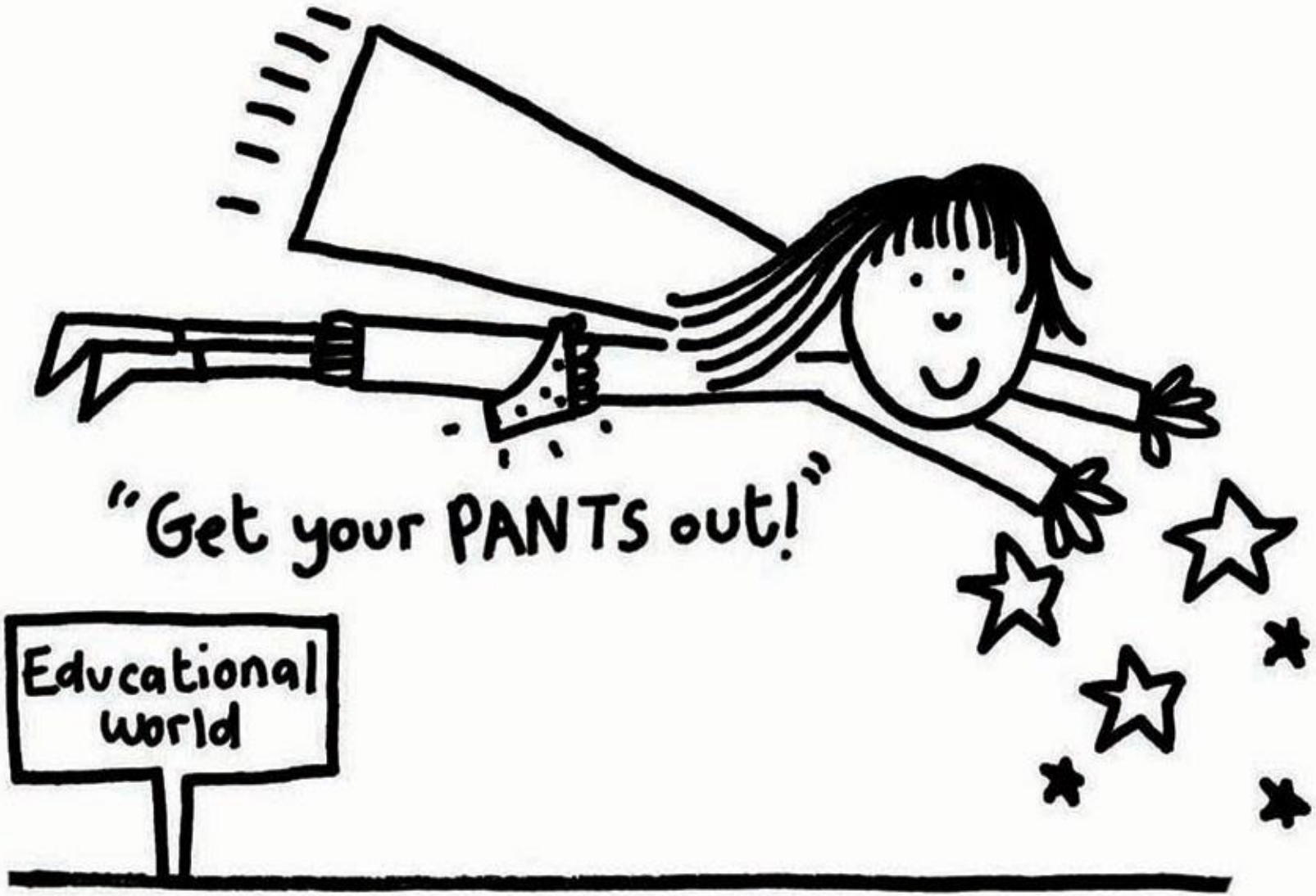
LIFE
IS A
VERY
SPECIAL OCCASION!


"Get your PANTS out!"
Educational World

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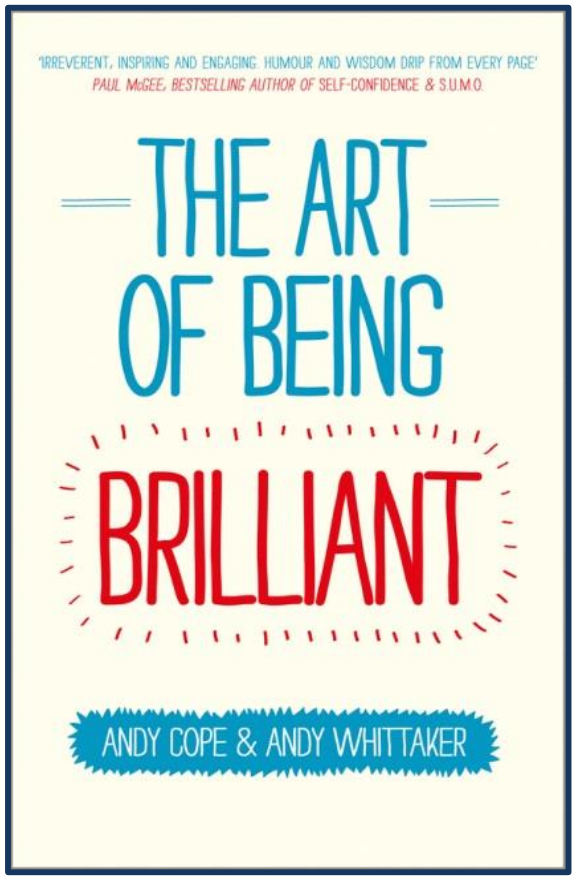
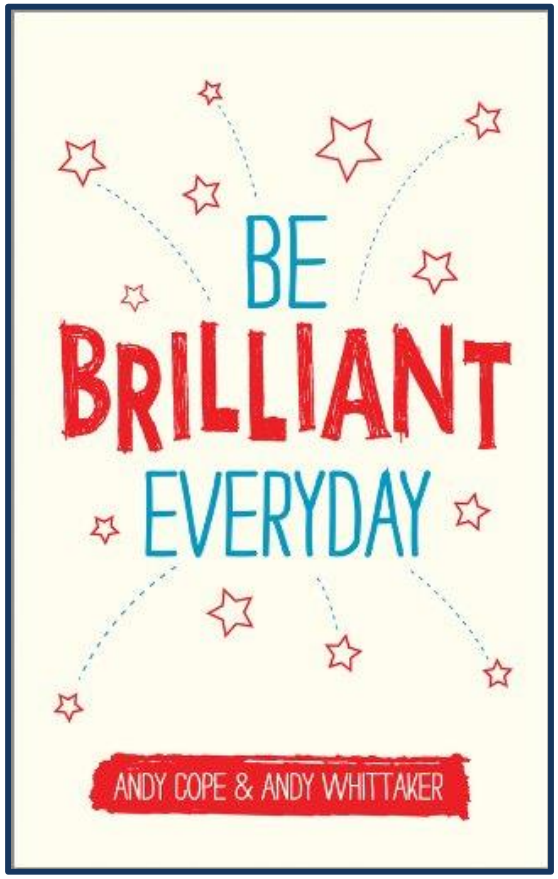
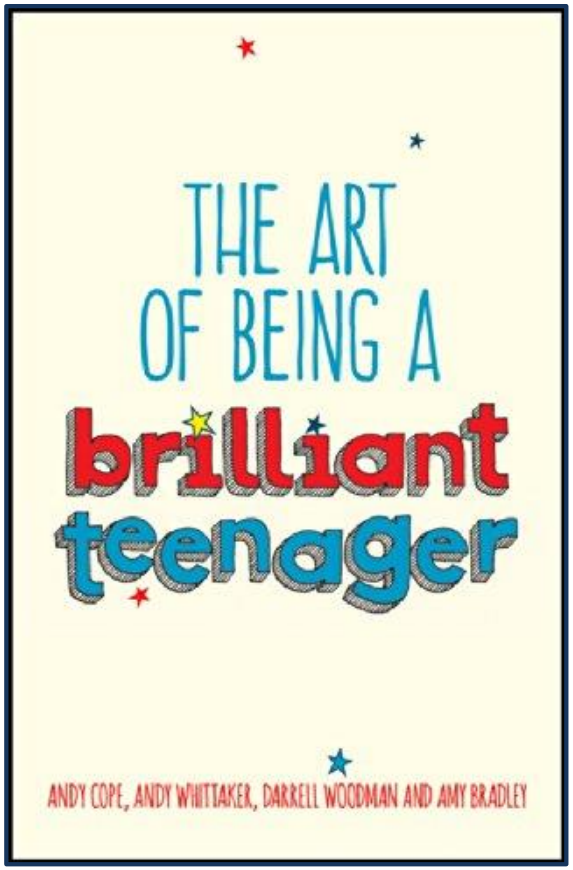

'IRREVERENT, INSPIRING AND ENGAGING. HUMOUR AND WISDOM DRIP FROM EVERY PAGE'
PAUL McGEE, BESTSELLING AUTHOR OF SELF-CONFIDENCE & S.U.M.O.
THE ART OF BEING BRILLIANT
ANDY COPE & ANDY WHITTAKER

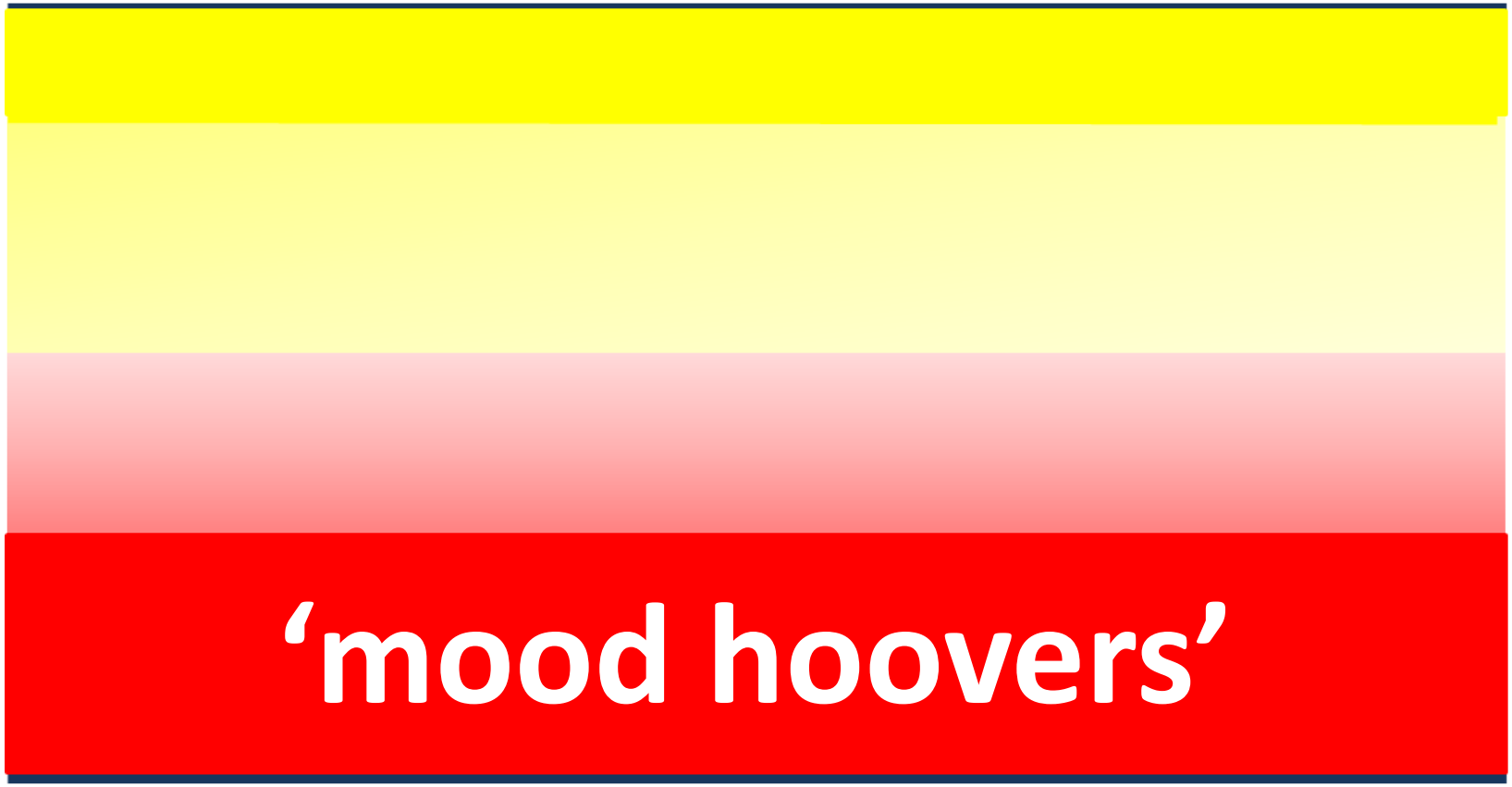

BE BRILLIANT EVERYDAY
ANDY COPE & ANDY WHITTAKER


THE ART OF BEING A brilliant teenager
ANDY COPE, ANDY WHITTAKER, DARRELL WOODMAN AND AMY BRADLEY

upper level (positive)

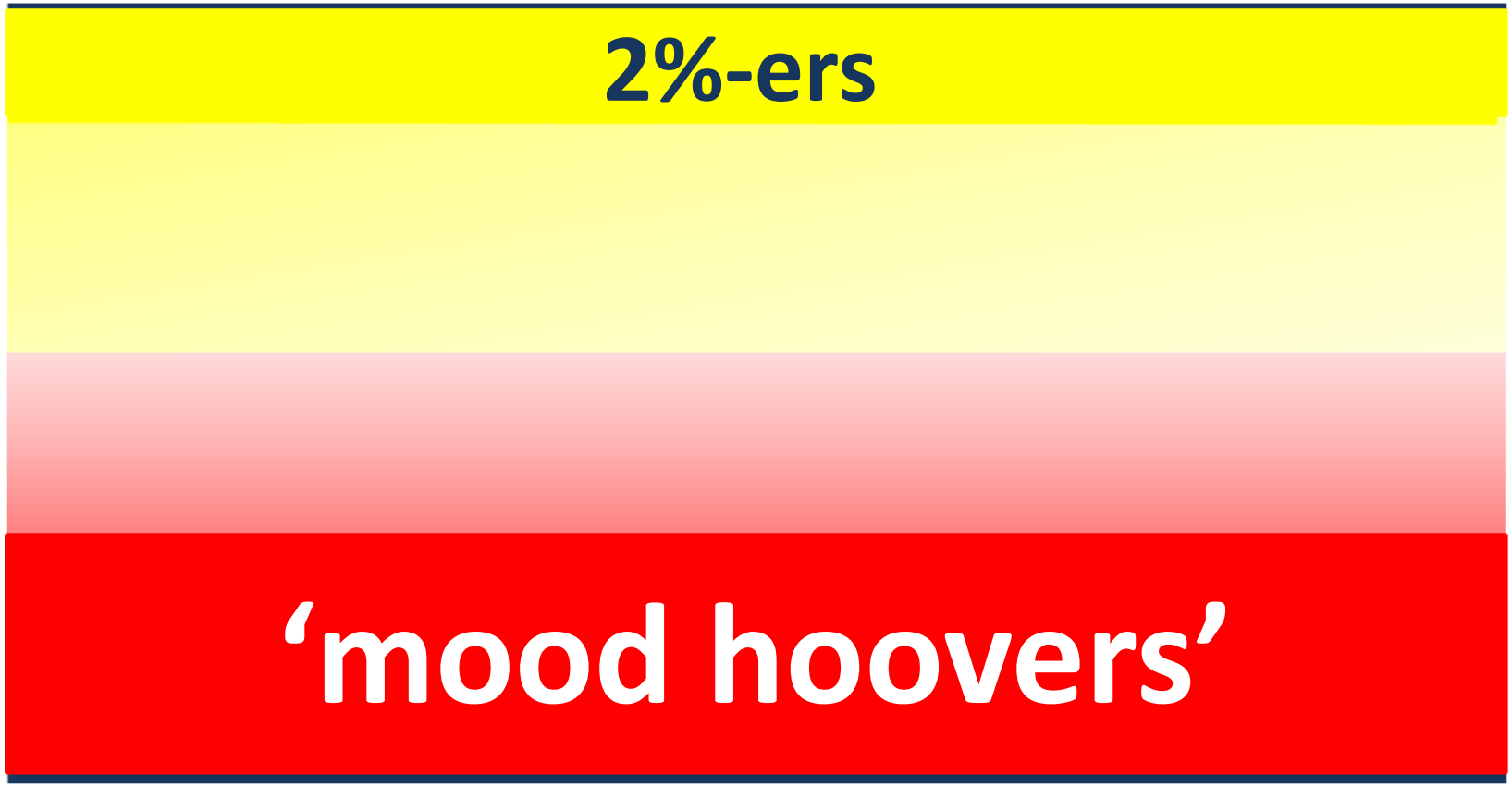
lower level (negative)

upper level (positive)



lower level (negative)

upper level (positive)



lower level (negative)

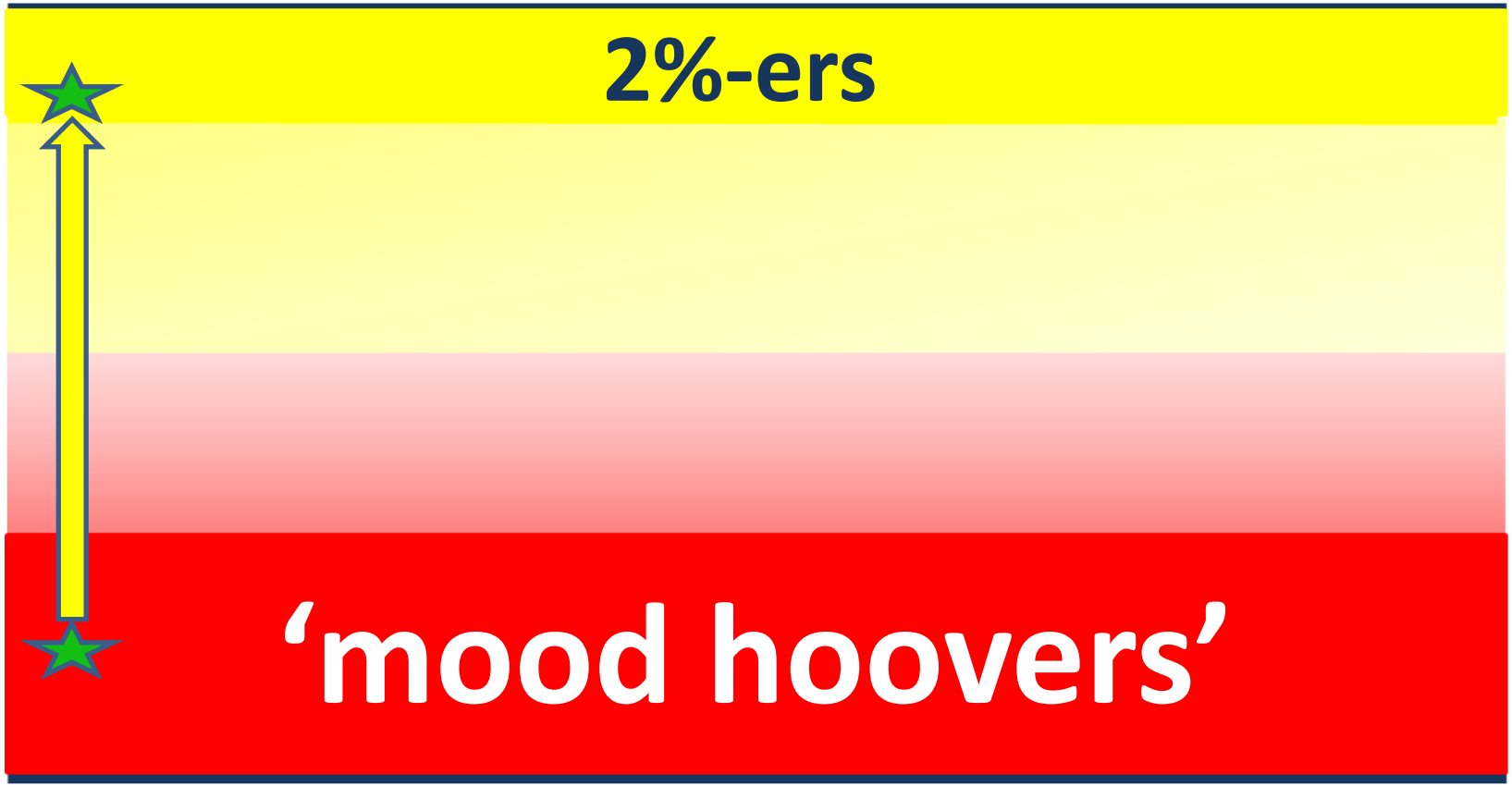
EXERCISE:

How would the *mood hoover*

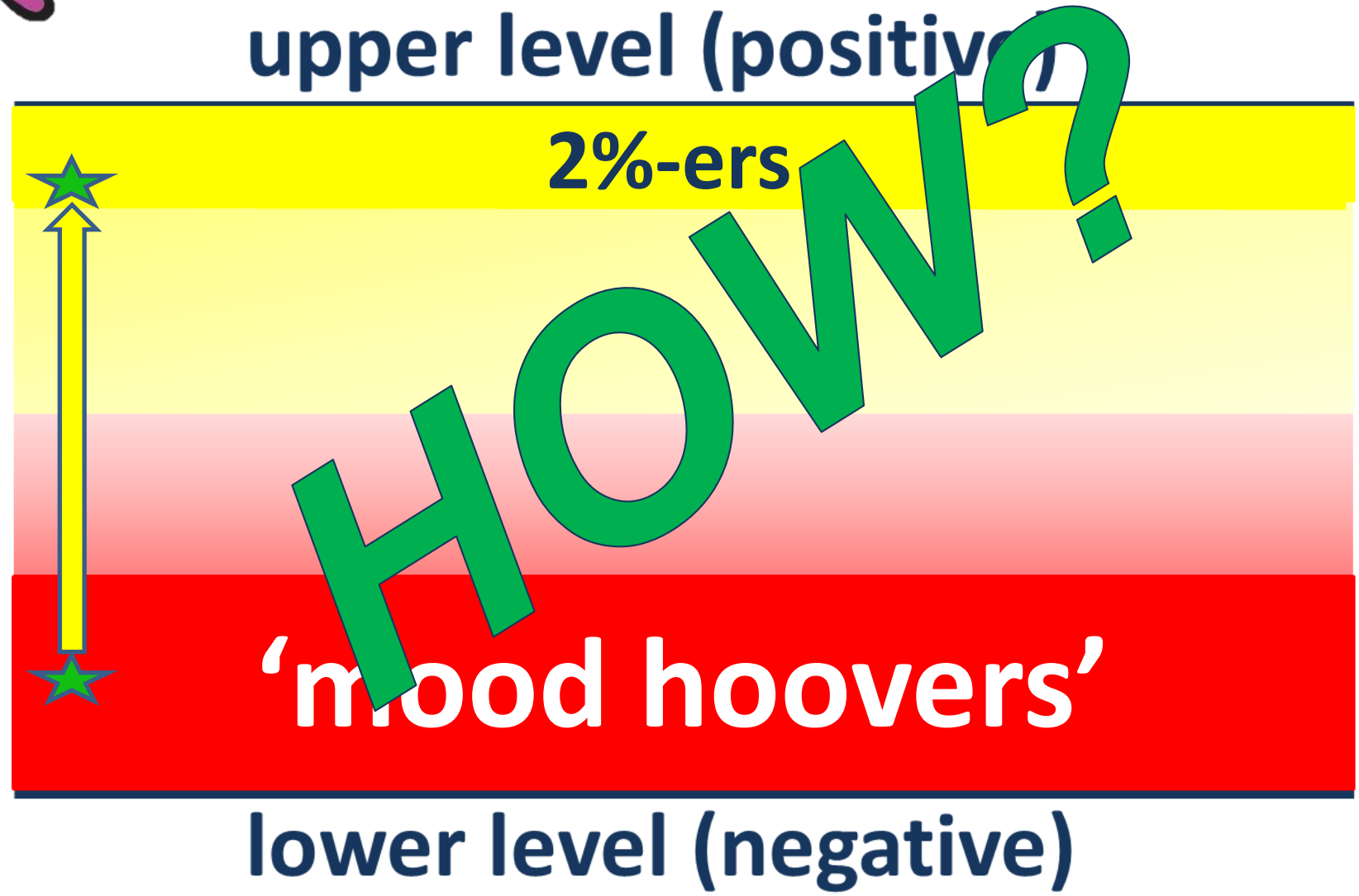
and *2%* version of you act if…

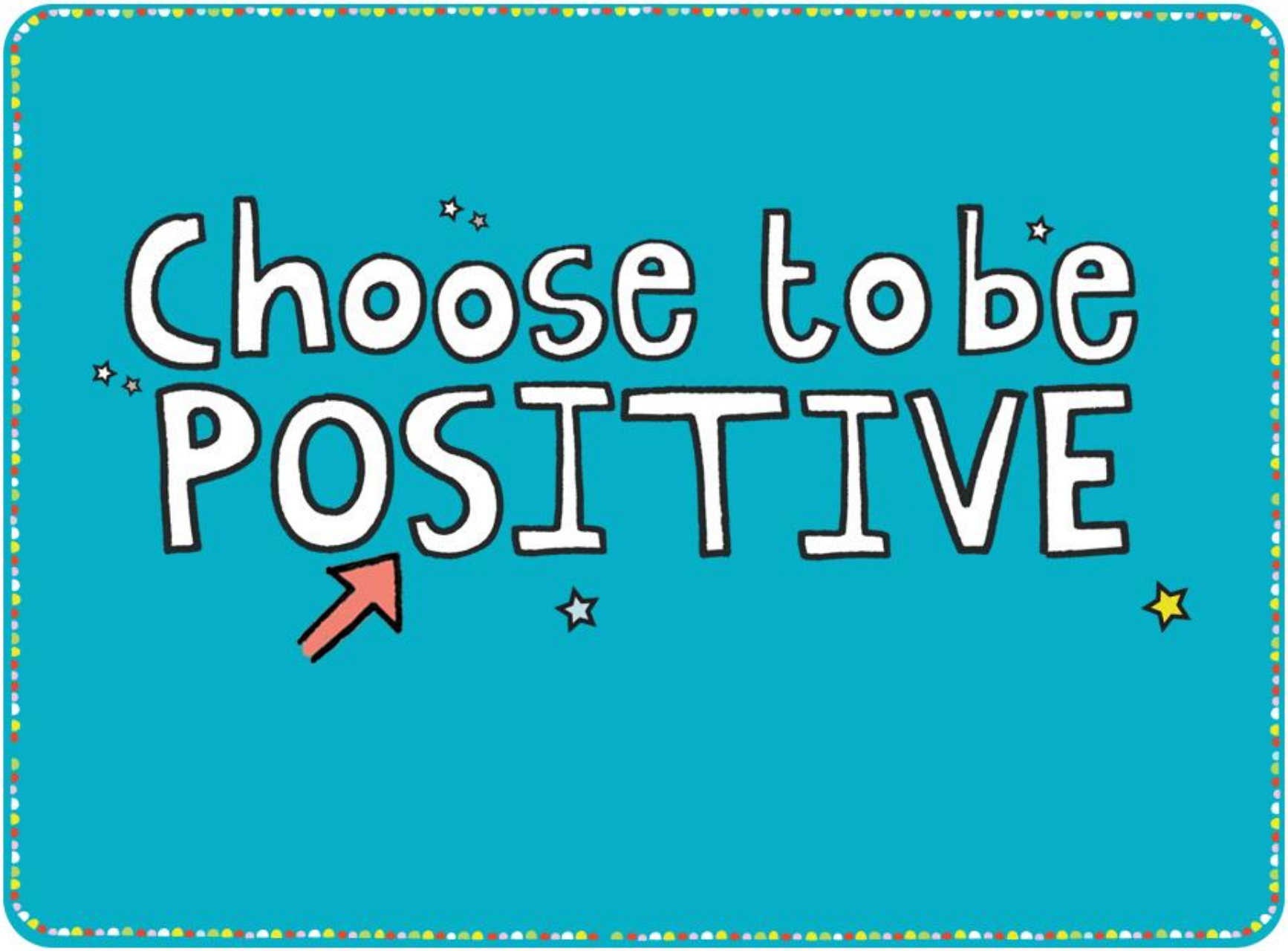
1. A colleague needs your help when you're busy
2. Someone accomplishes a goal or hits a target
3. There's a lot of change and uncertainty at work
4. There's a long queue at the supermarket
5. Your grumpy parents are coming to stay for a week
6. You're camping and it's pouring with rain

upper level (positive)



lower level (negative)


upper level (positive)
2%-ers
HOW?
‘mood hoovers’
lower level (negative)



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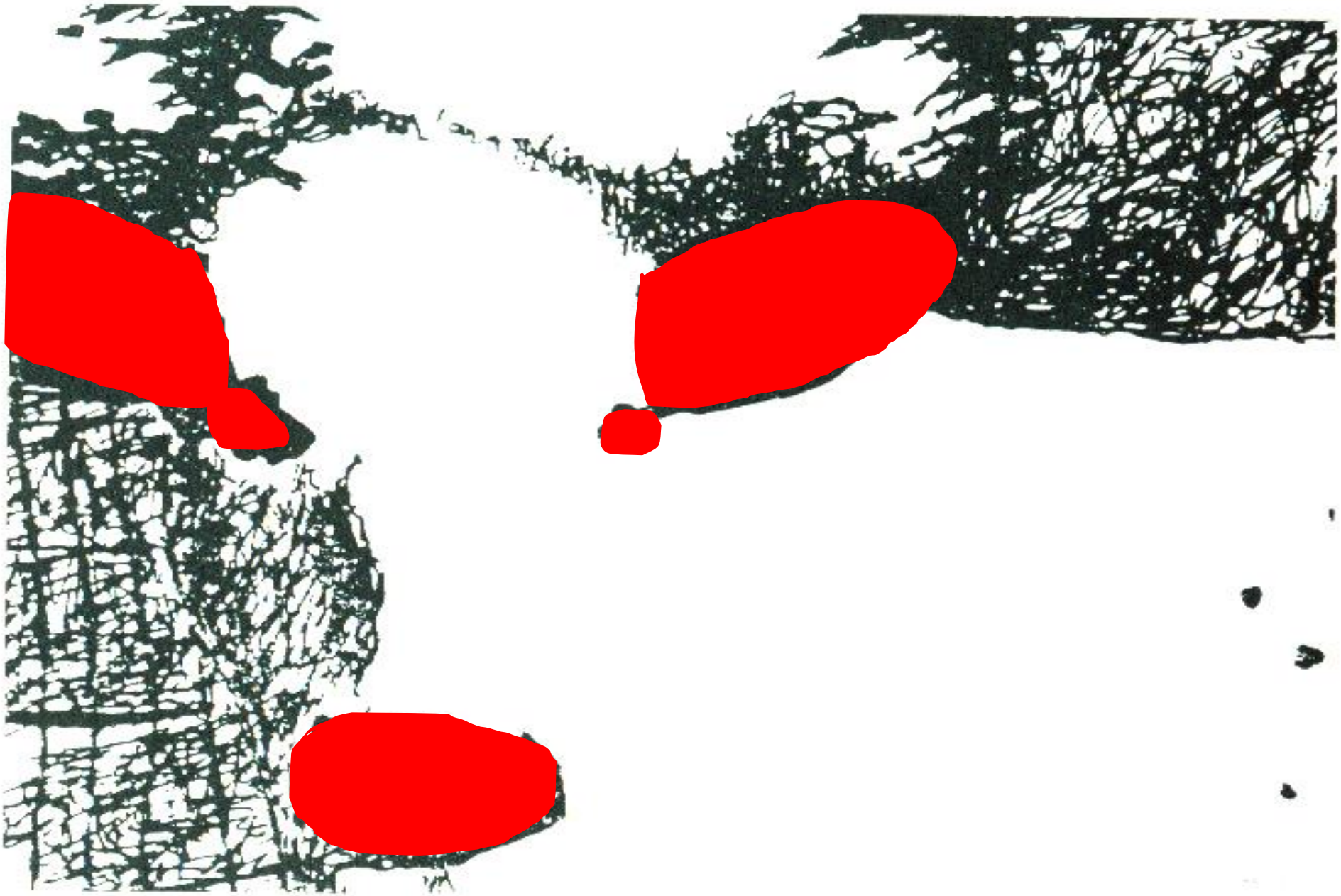
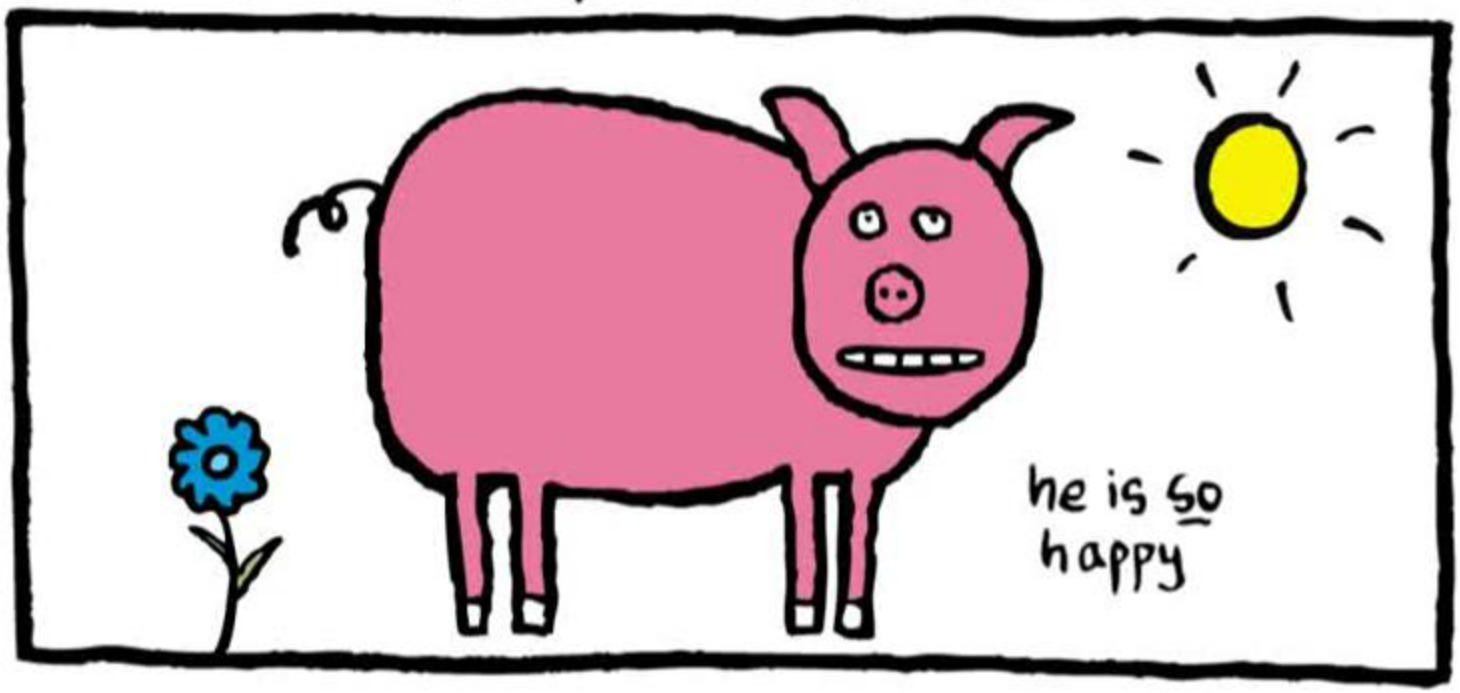
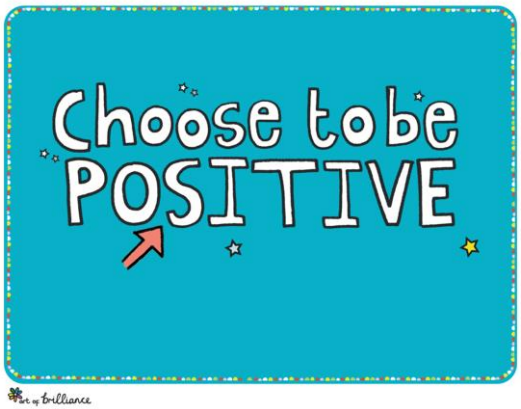


THE PIG OF HAPPINESS

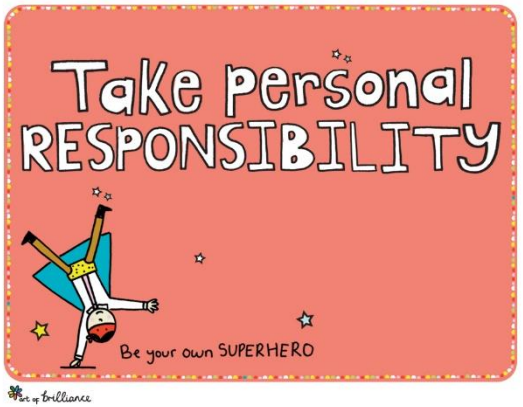


Edward Monkton

The 6 habits of 2%-ers

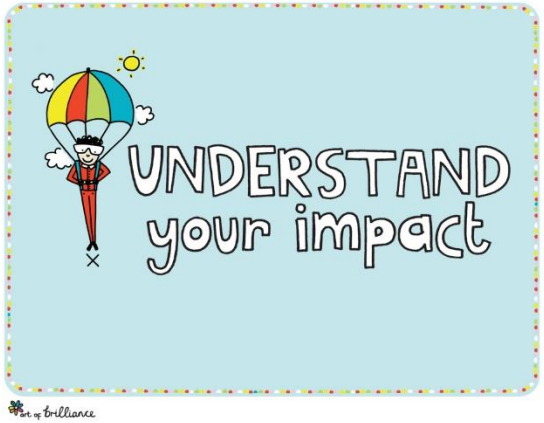


1. Choose to be positive

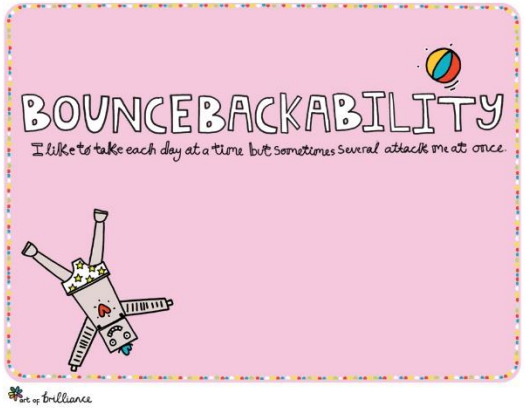


2. Take personal responsibility

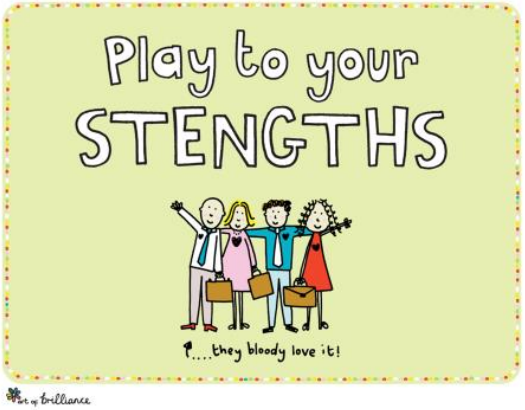
3. Set Huge Goals



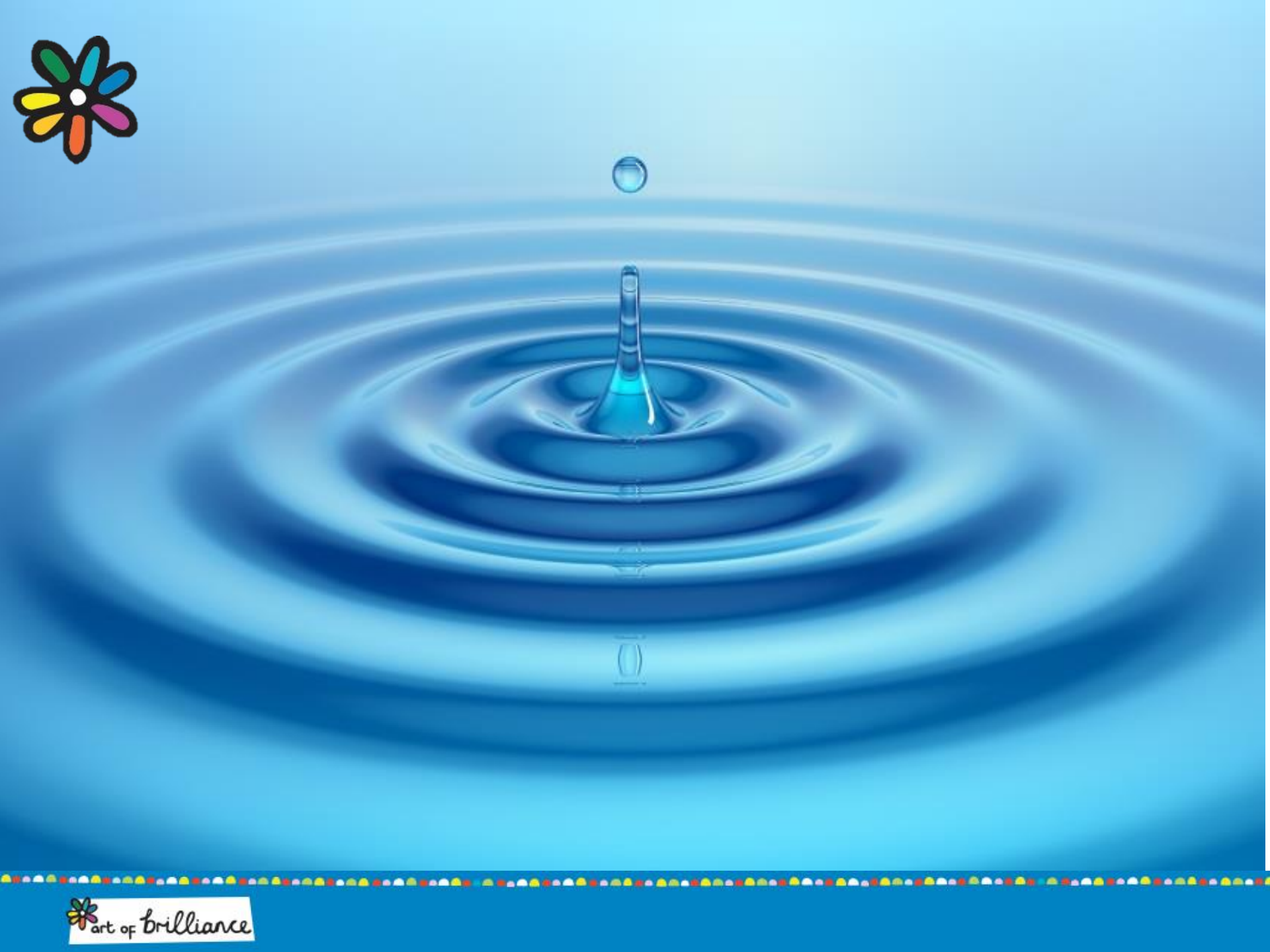
4. Understand your impact



5. Have Bouncebackability



6. Play to your strengths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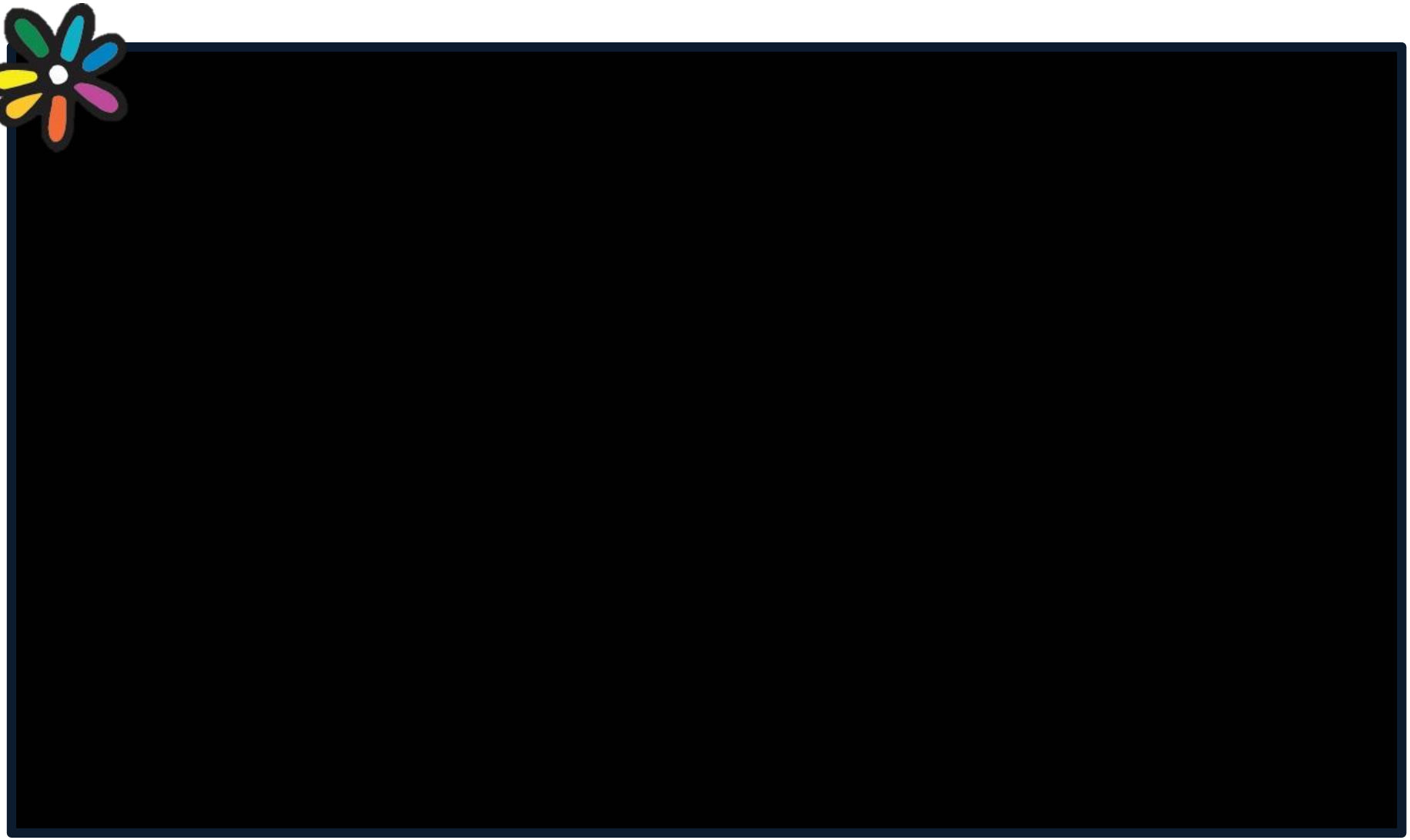
YOU HAVE THE CAPACITY TO
INFLUENCE
OTHERS
AND START A MOVEMENT THAT
MAKES LIFE BETTER
FOR EVERYONE



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