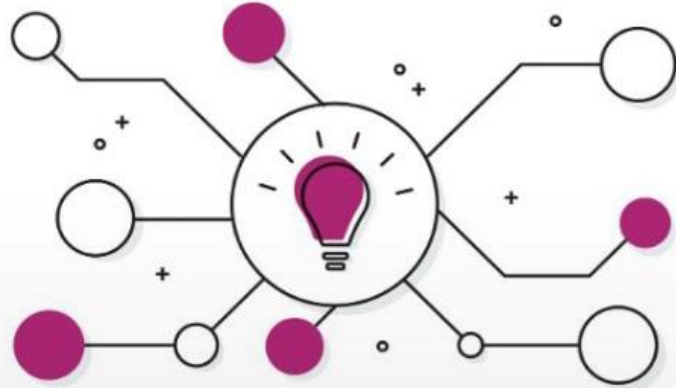


Pragmatic Positivity: Thriving in challenging times

Paul Devlin

Friday 14 November, 11:50am



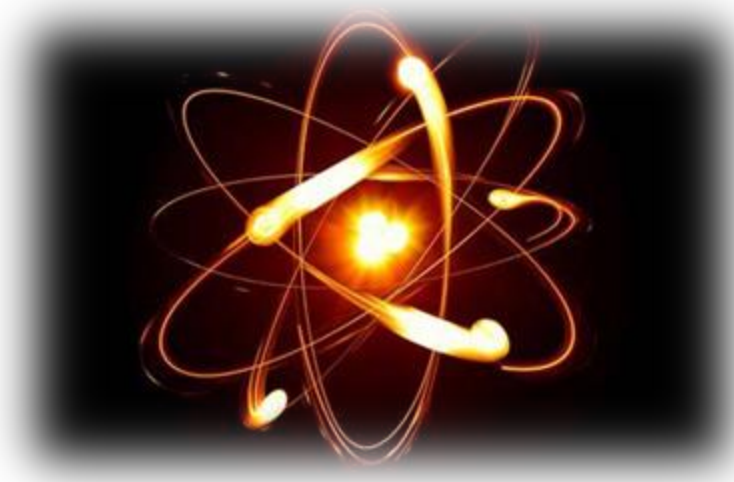
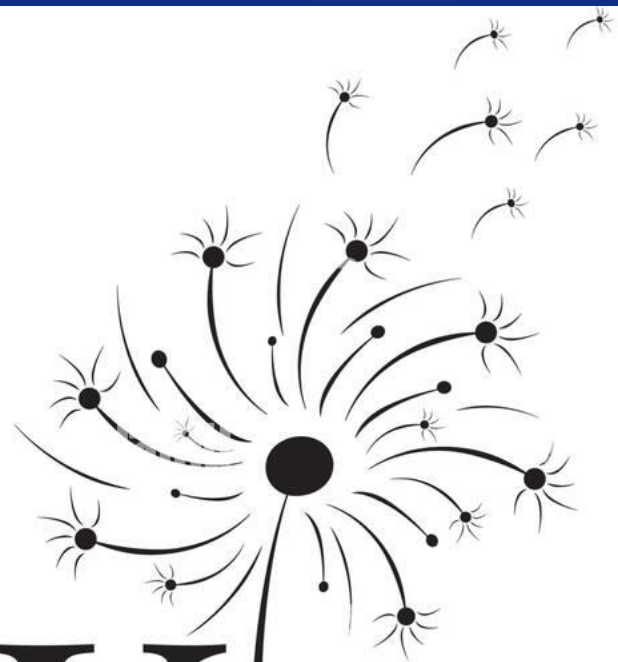
Explore how mindset shapes resilience, self-esteem, and decision-making at our Thrive at Work Virtual Conference.



Free for all NHS staff



10 x
Potential



Kindness
is Superpower

**Accountable
Behaviours**
Things happen
because of you

Make it happen
Find solutions
Own it
Acknowledge Reality

Wait and hope
Excuses (I Can't)
Blame Others
I Don't Know

**Victim
Behaviours**
Things happen
to you

Discipline #1

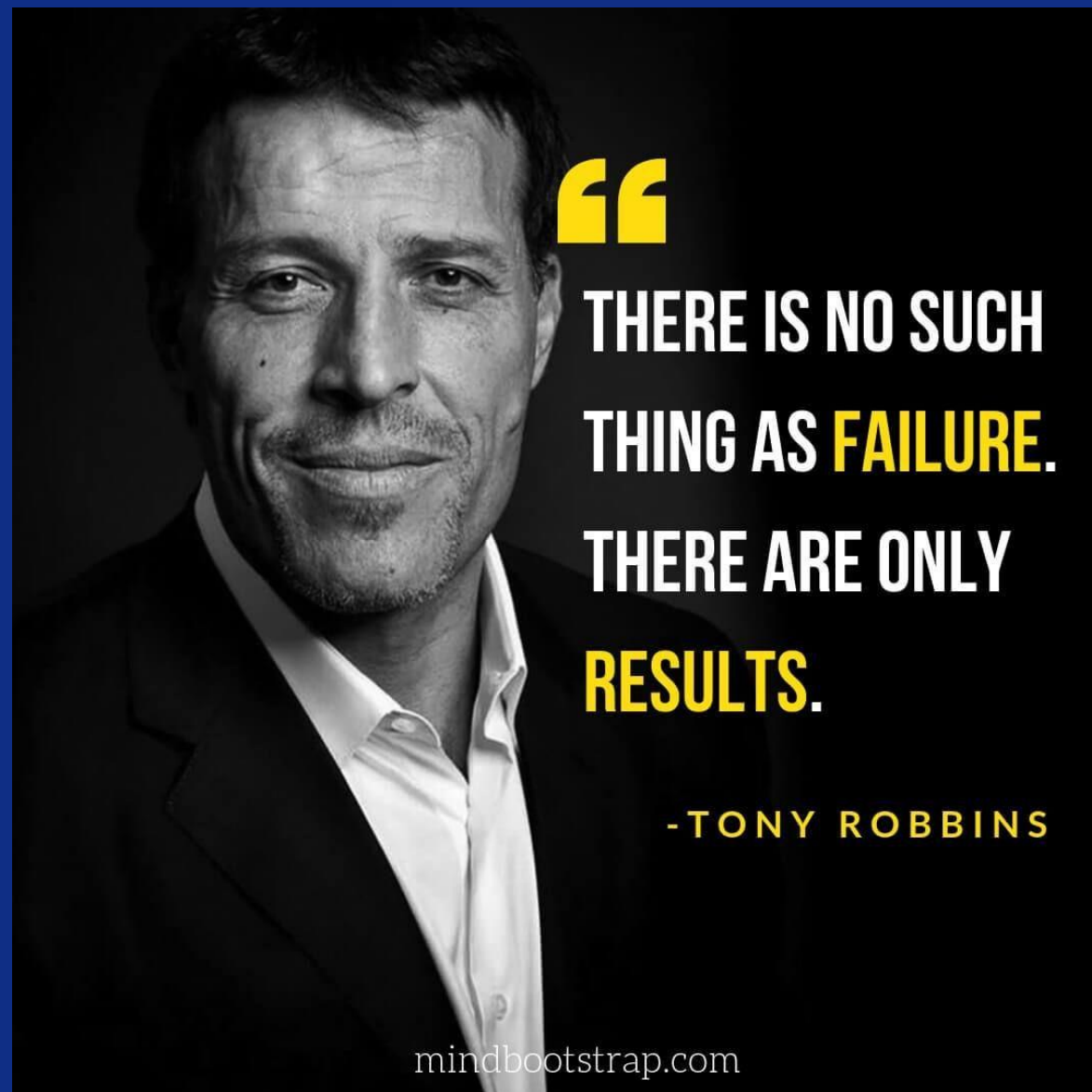
Focus on the

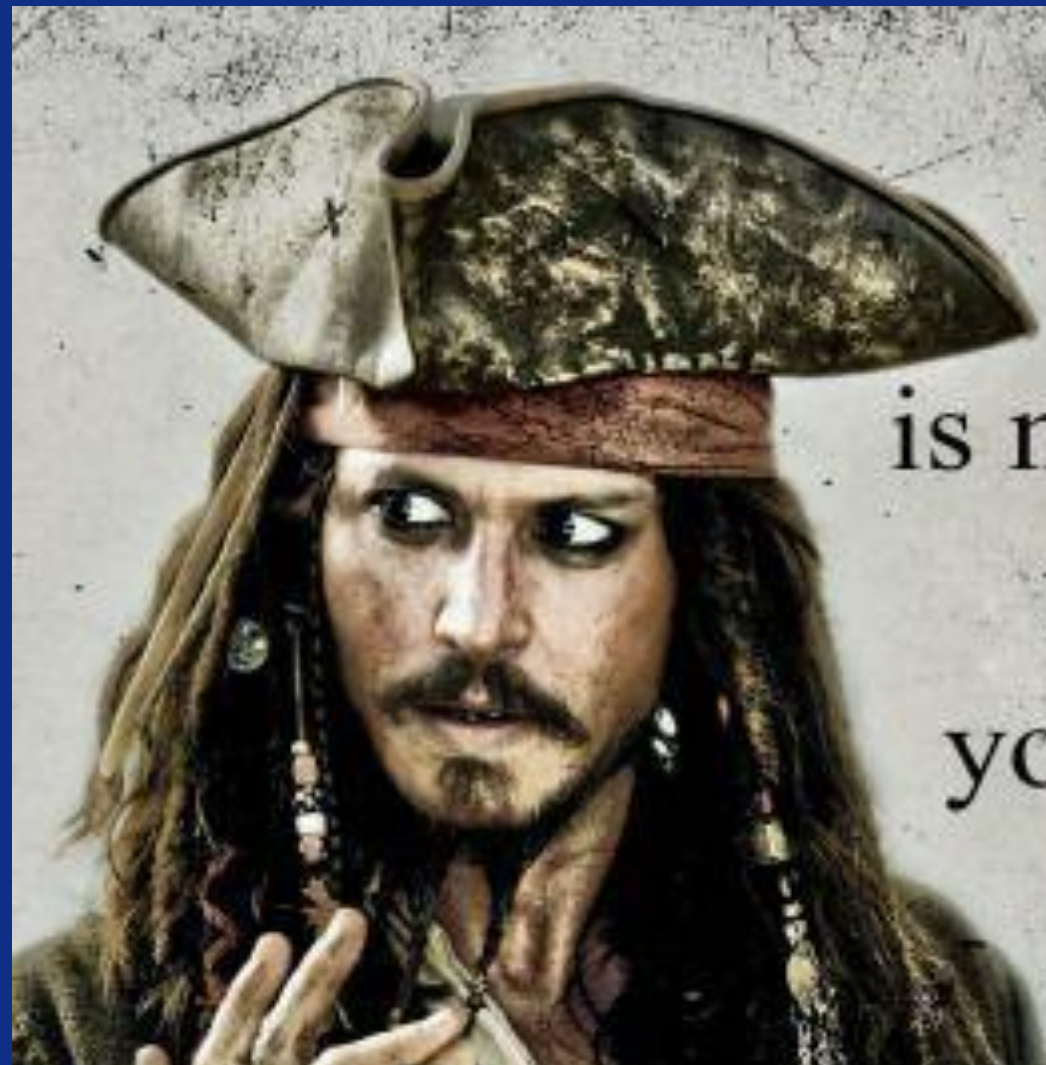
Wildly Important Goal (WIG)

A goal that makes all
the difference.

Failure to achieve
this goal renders any
other achievements
inconsequential

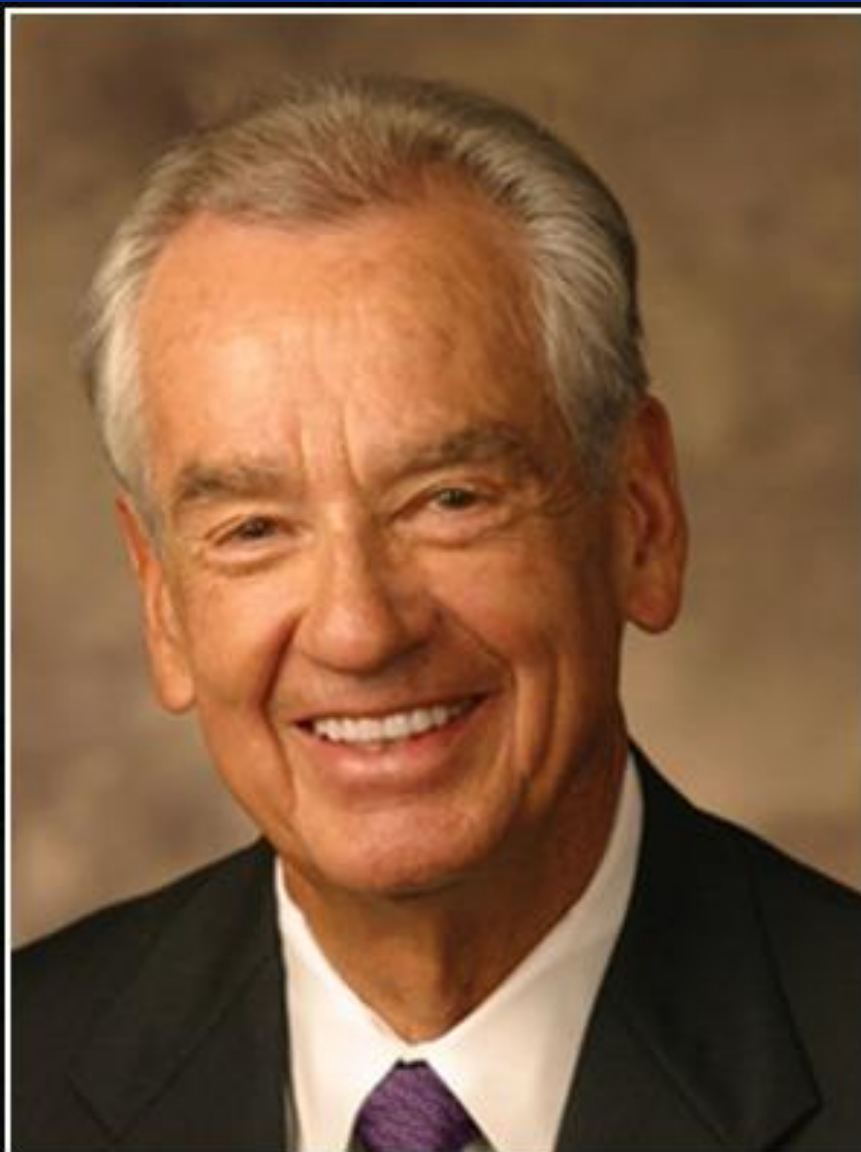
progress
NOT
perfection
-MARIE FORLEO





“The problem
is not the problem;
the problem is
your attitude about
the problem.”
-Captain Jack Sparrow

Event + Response = Outcome *80%



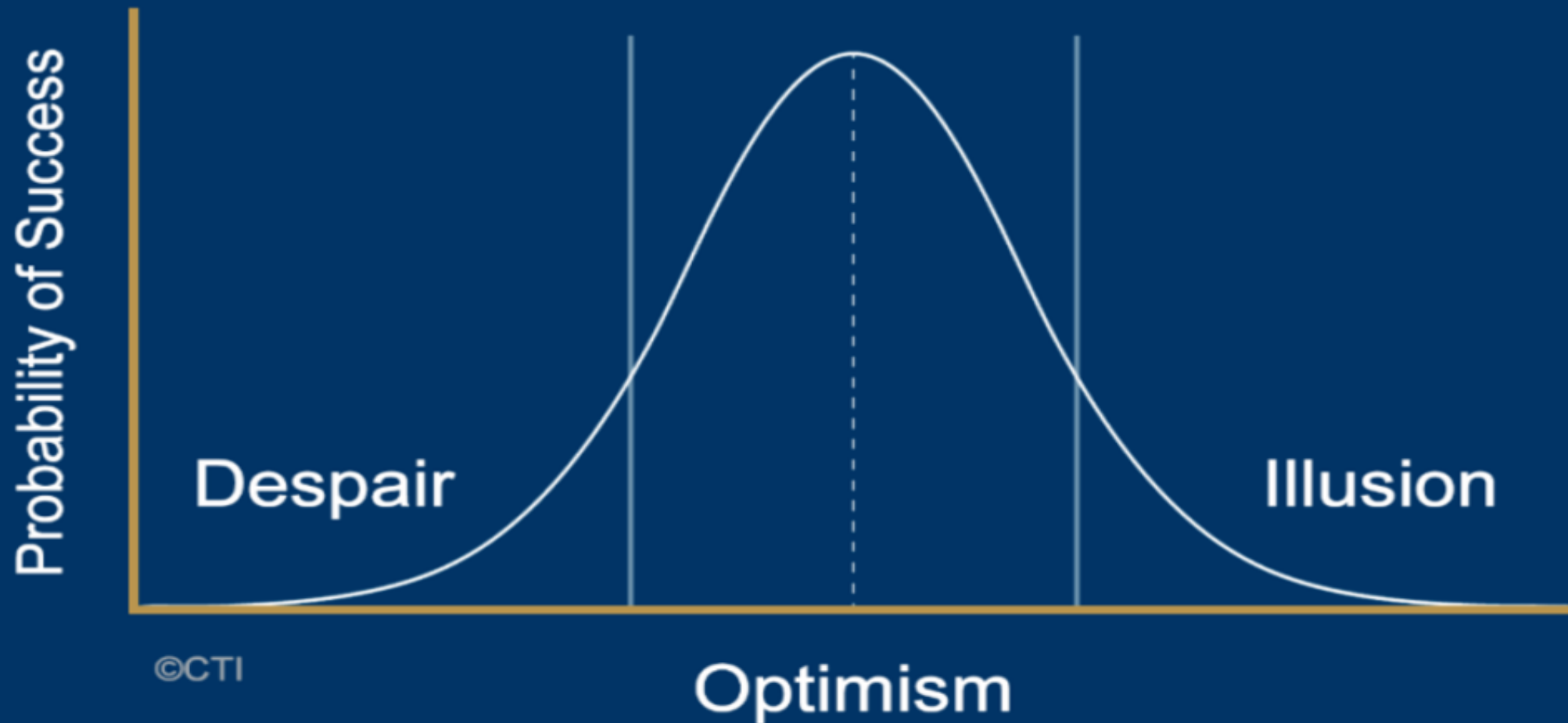
Positive thinking will let you do
everything better than negative
thinking will.

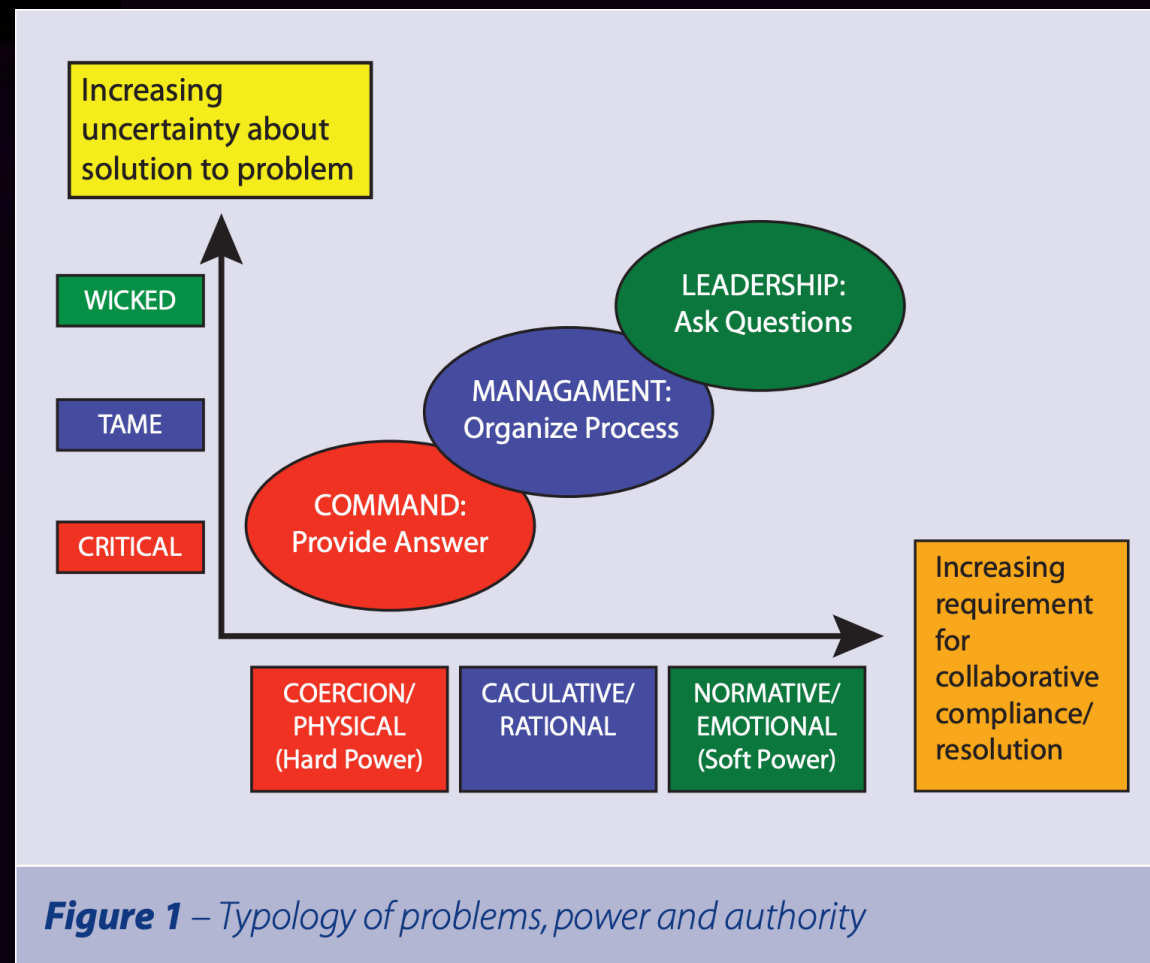
— Zig Ziglar —

AZ QUOTES



Pragmatic Optimism





Professor Keith Grint



Ken Mattingley - April 17th 1970

"When you find yourself in uncharted territory without a plan, create an environment where your people can discover solutions that don't exist yet" (Paul Devlin NHS England)



Dr Chris Turner
Civility Saves Lives





Oh no, what
do they want
now?

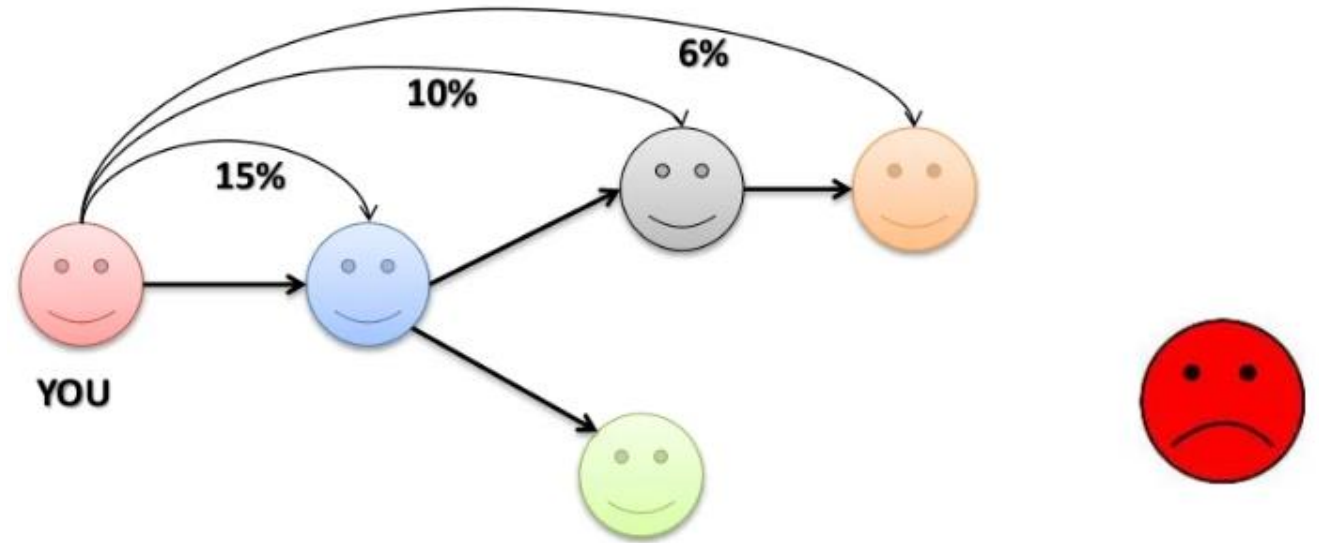


*People will forget what you said.
People will forget what you did.
But people will never forget
how you make them feel.*

Maya Angelou - American poet, memoirist,
and civil rights activist.



Spontaneous Trait Transference



Hyper-Dyadic Spread

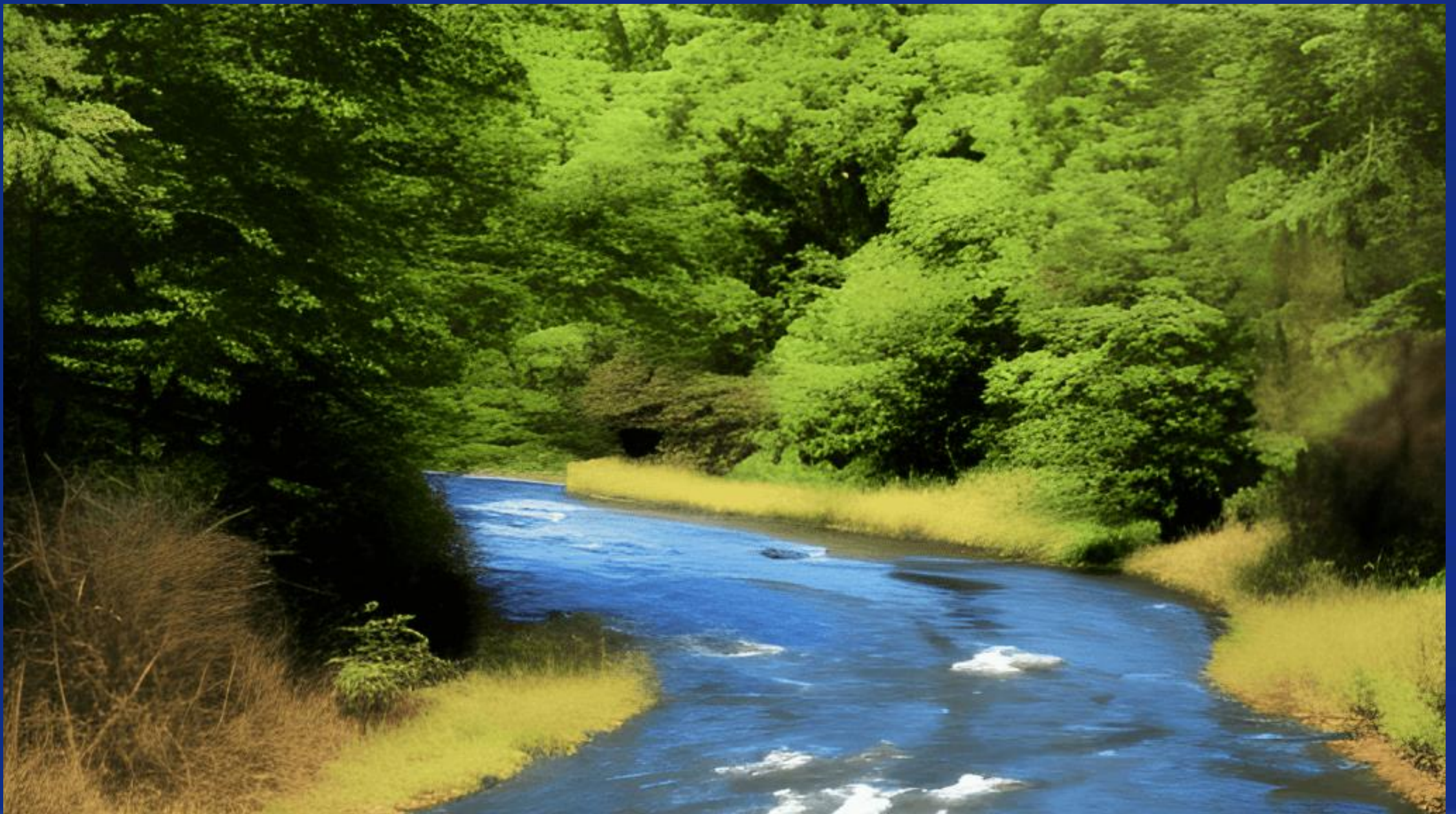
A hand in a white glove holds a black wand, from which colorful, ethereal smoke or energy flows out in shades of purple, pink, yellow, and red against a dark background. The smoke forms intricate, swirling patterns.

**WE
CREATE
OUR
OWN
REALITY**



Life IS A
Collection
OF Moments

The Power
of Now!



bouncebackability

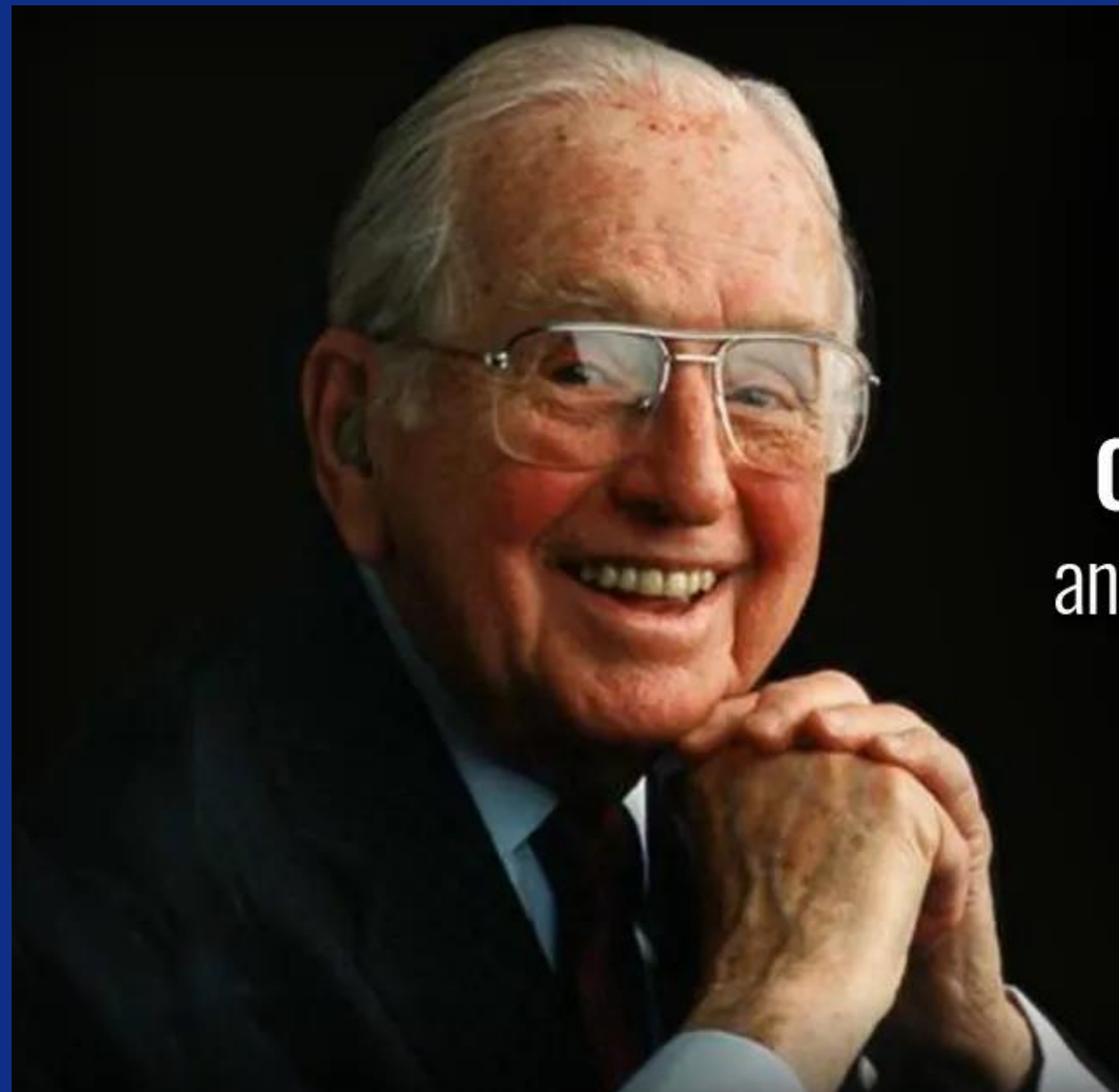
Rolling with life's punches

The negativity bias

bad experiences

good experiences





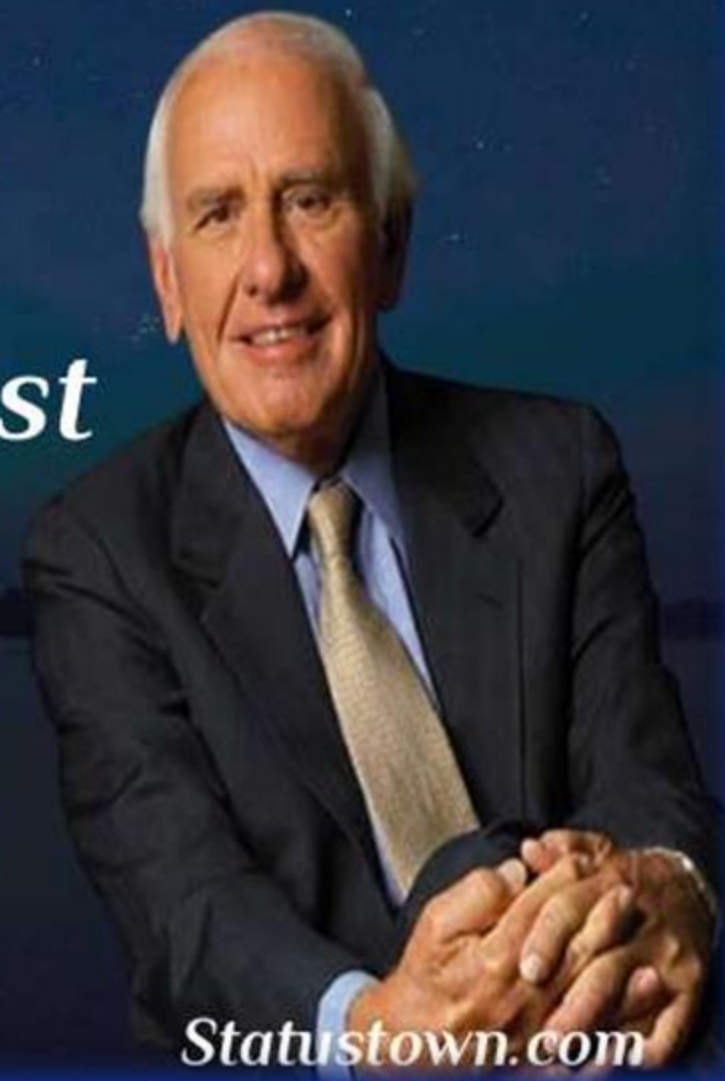
Change your **thoughts**
and you **change** the **world**.

- Norman Vincent Peale

Goalcast

*You Are The Average Of The
Five People You Spend The Most
Time With.*

~ JIM ROHN ~



Statustown.com