

# Woe to Wow— Solutions for Resilience

*helping your audience thrive and succeed at work and home*

**Seven Secrets of Recognition** - How to appreciate and keep valued staff or volunteers

A **workshop** to help create meaningful connection **(45 minutes—3 hours)**

The number one reason people say they're dissatisfied with their job is they feel unappreciated. Reciprocity and interdependence make for an inclusive, respectful and welcoming environment. Everyone benefits from experiencing being heard, seen and acknowledged. When *you* change, your relationships change. When you treat people with kindness, a listening ear and appreciation, they become more than you or maybe them ever imagined. **Patricia Morgan** encourages you to demonstrate the recognition you want to receive and notice the atmosphere become mutually supportive.

This session is for those who believe that self-awareness, emotional intelligence, making meaningful connection and affirming others results in a better environment for all.

Research affirms that people remain longer in organizations when they view their co-workers as *friends*. Effective communication is the key to enhancing any relationship. While more than 35 business studies indicate listening as a top skill less than 2% of us have had listening training. Learn to pro-actively listen with a discerning ear. Let others know you have confidence in their abilities. Turn mistakes into opportunities to learn. Congratulate people for a job well done. With validation comes commitment and satisfaction. Increase your messages of encouragement and become a workplace cheerleader!

## **You and your group will:**

- Transform negative comments into positive phrasing. What you say makes a difference!
- Understand how to give meaningful and supportive feedback.
- Identify and recognize your and others' strengths. Knowing and using strengths is a key factor contributing to *authentic happiness*.
- Take away a list of validating statements to boost morale
- Learn to apply the time tested principles of attentive listening to enrich and enlighten your relationships and at work to increase productivity and teamwork.
- Keep your valued people and keep them enthused

*"I will be less self-critical and more optimistic."* **Emerson Gingrich, M.D.**

## **Tailored to Meet Your Needs**

Programs can be adapted to support your event's objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select **Seven Secrets of Recognition** or another program by calling Patricia Morgan at 403-242-7796 or emailing [patricia@solutionsforresilience.com](mailto:patricia@solutionsforresilience.com)

**P a t r i c i a   M o r g a n**

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