



Pruning Negativity

Objectives:

By the end of this workshop, participants will be able to:

- Identify struggles with negativity in ourselves and in others
- Develop strategies for coping with these struggles in ourselves and in others
- Develop strategies that can foster healthy growth and development in the workplace



Summary

Pruning Negativity trains supervisors on how to create a positive work environment, identify the roots of negativity, deal with negativity that is present, and prevent negativity in the future.

The course includes a self-assessment to identify participants' internal and external struggles, "pruning" techniques to address these struggles, a discussion on specific methods to help prevent negativity, and a list of the five rules for healthy growth, as well as opportunities to explore "real world" applications.