

Combating Negativity (CN)

COURSE NUMBER FAA01209

For information about this course, contact:
 FAA Program Manager: Shepherd Curl
 (386) 446-7132

DESCRIPTION AND LEARNING STRATEGY

Do the words angry, frustrated, anxious, stressed, resentful, or confused describe you or the people with whom you work? If so, it's possible that you are combating negativity. This workshop is designed to help participants recognize and deal with the insidious nature of negativity and its impact on their success. Participants will learn a five-step process for attacking and conquering negativity.

Participants will be introduced to "Negaliens," come to understand the impact of "Negattacks" on productivity and quality, and identify their personal vulnerability to these dangerous entities. Fortunately, they will also develop strategies to recognize personal negattack triggers and to defeat their own negativity in the middle of the battle. Additionally, participants will learn to support others in accomplishing similar goals - recognizing the impact of negativity and overcoming patterns of negative communication. During the workshop session, participants will receive feedback, complete worksheets, and engage in small group activities to help clarify concepts and increase personal awareness.

OBJECTIVES

- Recognize and combat negativity in themselves and others.
- Demonstrate strategies for overcoming and/or avoiding negativity.
- Support others in overcoming their own negativity.

KEY COMPETENCIES

- Agility
- Building Teamwork and Cooperation
- Communication
- Developing Talent
- Interpersonal Relations and Influence

CLASS SIZE

24 participants

LENGTH 4 hours

(Class times may vary.)

LOCATION

Customer site or
 FAA Center for
 Management and
 Executive Leadership
 Palm Coast, Florida

UPCOMING DELIVERIES

This course is currently available only as a fee-for-service delivery.

WHO SHOULD ATTEND

Employees who desire to contribute to a more positive work environment

ENROLLMENT

To arrange a **fee-for-service delivery**, call Shep Curl at (386) 446-7132.

PREREQUISITE

None

PRECOURSE

None

RELATED COURSES

Managing Change
 (FAA01306)
 Systems Thinking
 (FAA01277)