

Susan
Stewart

comedian | author | speaker



 @SusanIStewart

www.susanstewart.ca

**YOUR NEW LENSES ARE
READY FOR PICK-UP:**



**Harnessing The Powers Of A Positive
Mindset By Seeing The Lighter Side
Of Life**

you **shine** the brightest
when you **lighten up**



NINJA
BEATS
COWBOY



COWBOY
BEATS
BEAR



BEAR
BEATS
NINJA



What would it take?

What would have to
happen for you to relax
more, laugh more, and
have more fun?

you **shine** the brightest
when you **lighten up**

75% of job success is predicted by optimism levels, social support, and the ability to see challenges in a positive light.

- Shawn Achor, *The Happiness Advantage*

what we believe to be true...

more productive → more successful → **HAPPINESS**

how our brains actually work...

HAPPINESS → more productive → more successful

How can I be
happy for no good
reason at all?

Habits Proven To Create Happiness

- social interaction
- helping others/
generosity
- community involvement
- meditation
- play
- pursuing your passion(s)/
living authentically

“Our happiness reflects the degree to which we feel that our lives have **value, impact, and purpose.**”

- Christine Carter, *The Sweet Spot: How To Find Your Groove At Home And Work*

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“Cultivate happiness
and you’re cultivating
success at the same
time.”

- Michelle Gielan, *Broadcasting Happiness*

3 Ways To Put The Powers Of A Positive Mindset To Work

1. changes in physical posture and facial expression dictate emotional change

The “Power Pose”





3 Ways To Put The Powers Of A Positive Mindset To Work

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2. a positive start to an interaction often produces a positive result



3 Ways To Put The Powers Of A Positive Mindset To Work

1. changes in physical posture and facial expression dictate emotional change
2. a positive start to an interaction often produces a positive result
3. smiling and making direct eye contact instantly creates connection and delivers a positive customer experience

“Happiness is the
pre-cursor for
success, not the
result.”

- Shawn Achor, *The Happiness Advantage*

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