



## **Mini Workouts**

Work-related learning has traditionally been associated with training courses that take up time away from the workplace. It is possible however, to deliver learning in frequent, bite-sized chunks on a more regular, and less time-consuming basis. The Mind Gym have kindly written mini-workouts for Learning at Work Day.



### **I should be so lucky**

Do you sometimes feel that everyone else has all the luck? Do you believe that how lucky you are, is out of your control? Well, the research shows us that seemingly lucky people are in fact those with a more optimistic outlook on life. Optimists perform better at work, are more stress resilient, tend to be healthier and report more fulfilling lives.

To develop a more optimistic view on life, follow these simple steps the next time you hear yourself framing an experience in a negative way.

If, for example you have just delivered a client presentation that you feel went badly, you may find yourself thinking “I am a terrible communicator.”

- Look for evidence to prove your belief isn't accurate, “I have created great presentations in the past and I can communicate well with a range of people.”
- Make sure you spend time seeking out alternative causes, “I am not a bad communicator it is just our offer isn't clear or relevant to them.”
- If you still feel your negative belief is correct, it is important to put it into perspective, “It isn't the end of the world, I can learn from this experience and be better next time”
- If the world really does seem to be acting unfairly, it is important to ask yourself how useful your negative thoughts are. Usually we find it's more useful to forget them and get on with things.

**For more about The Mind Gym workouts visit [www.themindgym.com](http://www.themindgym.com)**