

<h1>JUNE: POSITIVITY - PASS IT ON!</h1> <p>Happy staff are enthusiastic and positive members of their team and their attitude is infectious.</p> <p>There has never been a more important time to boost your own positivity and adds a bit of light and energy to your team.</p>				1 st	2 nd	3 rd	4 th
				Who do you need to tell they are doing a great job?	Write a list of your greatest successes so far this year. Share it with someone.	Share smiles – watch them spread.	How can you make a small change to improve your work space?
5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
“Happiness is not just a mood. It’s a work ethic.” S Achor	Share a joke or a funny story. Laughter boosts your brain.	Relax – make sure you are looking after yourself.	Write a list of people you need to remember to thank. Then do it!	Look for opportunities to compliment others.	“Your happiness probably doesn’t depend on what you are worrying about right now” O’Moran	Ask someone who inspires you to share a video chat.	Decide today will be a good day. Programme your brain to look on the bright side.
13 th	14 th	15 th	16 th	17 th	18 th	19 th	20 th
Start a collection of positive quotes and feedback. Remember to add to it each week.	Who do you need to tell that their positivity really boosts people?	Share a highlight from your weekend.	Notice what is working and going well. Share it.	Ask someone to share a favourite walk with you.	Look for opportunities to meet with or work with others.	Write a post-it to boost someone’s mood.	“Activities we love fill us with energy even when we are exhausted” Robinson
21 st	22 nd	23 rd	24 th	25 th	26 th	27 th	28 th
“You are already a superhero so stop pretending to be normal.” Andy Cope	Write an email to congratulate people on their successes this week.	Tell at least 3 people what you are looking forward to today.	Notice who might need a word or a smile.	“People who acknowledge positive aspects of their lives live longer.” Ciaramicoli	Who do you need to tell that they are making a real difference?	Look for the good stuff going on around you.	Share a smile in a text or on social media.
29 th	30 th	<p>We work with teams to increase effectiveness, success and well-being.</p> <p>Please get in touch if you think we could be part of your next step.</p>				<p>SIGNPOST COACHING SERVICES 07909808220 welcome@signpostcoaching.co.uk</p>	
Ask us about our online well-being drop-ins – just what you and your team might need.	Start today by appreciating what you have.					“People who use botox are less prone to anger because they can’t make angry faces.” Rubin	