Creating an Optimistic Project Management Environment - 1 Day

PDUs - 6.5

PMI's Talent Triangle Breakdown
Power Skills - 6.50

PMI's Certification Breakdown
PMP - 6.50
PMI-ACP - 6.50
PMI-SP - 6.50
PMI-RMP - 6.50
PfMP - 6.50
PMI-PBA - 6.50

virtual
instructor-led

Course Description: In this one-day course participants will examine how having an optimistic environment will impact employee production. They will analyze what causes workplace negativity, examine the impact, and discover how to cultivate optimism. Students will examine how loyalty, trust, and laughter affect the workplace. Students will also discuss how to manage multiple generations.

Method of teaching: Students will use discussion, cases, and group activities to facilitate the course.

Course Objectives:

Objective 1: Analyze the definition of optimism and negativity
- Compare the traditional and optimistic worker
- Examine the impact of negativity
- Review the common mistakes about optimism
- Describe the cost of negativity

Objective 2: Evaluate what causes workplace negativity
- Examine the benefits of being positive
- Discuss how negativity personally impacts employees

Objective 3: Compare the personalities which kill optimism
- Compare different influences in the workplace
- Examine self-esteem

Objective 4: Define emotional intelligence
- Examine emotional perception, facilitation, understanding, and management
- Summarize the influence of flow

Objective 5: Differentiate positive and negative labeling
- Examine laughter in the workplace
- Examine positive and destructive workplace characteristics
- Review how to cultivate optimism
- Examine the six steps to emotional resilience

Objective 6: Discuss how to manage different age groups
- Review the different generations
- Examine the characteristics of millennials
- Discover how to manage multiple generations