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## Article: The Power of Positivity – Being resilient in a challenging world

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In the current climate it's very easy to feel powerless. For most people feeling powerful comes from having a measure of control over life. So what can help during these challenging times?

### **The benefit of having a positive mind set**

One of my favourite sayings is “**If you believe you can, or can't, you're right**”. How often do people not achieve their objectives or plans because deep down they believe they cannot or should not achieve them? It's a self-fulfilling prophesy.

### **How to stay positive in a challenging world**

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#### **1. Use positive language**

Say what you **can** do rather than what you **can't**. Using positive language will lead to feeling more confident and positive about yourself.

#### **2. Use positive affirmations**

For example, ‘I am powerful’, ‘I am strong’, ‘I will succeed’. These could be things you say to yourself – using positive self-talk – or you could print them out and display them in an appropriate place.

#### **3. Focus on the positive**

The brain doesn't understand negatives. So if someone tells another person “don't spill that” – the person hears the word “spill” and will respond to that word. Likewise, if you say to yourself “I won't fail”, what the brain hears is ‘fail’. In this example you could instead use a positive alternative, for example – “I will succeed” or “I will pass”.

#### **4. Use positive anchors**

Create a supportive environment. Objects that have positive associations, for example, certificates, awards, photos of loved ones, are a reminder of positive aspects of your life and will positively affect your state of mind.

#### **5. Create a Success folder**

Set up a success folder, into which you put evidence of things you have achieved, of all of your successes. Keep this in an easily accessible place so you can revisit it when required.

#### **6. Be proactive**

Taking action and behaving proactively is a way to feel more in control and positive. If you have been putting something off, instead deal with it. If you are waiting for a call or an email, if it's appropriate, take the initiative and make contact, rather than waiting.

#### **7. Spend your time and effort on the things you can influence**

Use the Circle of Influence (Stephen Covey) to identify, and focus your time and effort, on the things that you can influence, rather than the things that you cannot.

#### **8. Give yourself more choices**

You have choices in how you behave, over your responses to others and situations. By giving yourself more choices in any situation, you are giving yourself more options and more control over the situation.



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## About the Author - Krista Powell Edwards

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Krista is a very experienced and highly qualified consultant, coach, facilitator, trainer and author.

She uses her experience and expertise to support individuals and organisations to enhance their effectiveness and performance.

Krista is currently writing her first book on how to effectively communicate credibility.

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### ***Expertise and experience***

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Krista has developed her expertise through

- An extensive track record of supporting organisations in the UK and internationally since 1995.
- Masters level research in the factors that affect the achievement of workplace performance.
- Extensive Continuous Professional Development (CPD), (including regular attendance at conferences and development programmes).
- Research of 'best practice' consultancy, facilitation and learning and development
- Qualifying as a Master Trainer, Master Practitioner and Practitioner in Neuro-Linguistic Programming (NLP).
- Designing and delivering 500+ training and development programmes.
- 20+ years as Chartered Institute of Personnel and Development (CIPD) volunteer - branch chair, council representative - supporting the CPD and performance of 7500+ HR professionals.
- Lecturing at a university (International Human Resource Management).

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### ***Specialist areas***

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Krista specialises in three main areas:-

**Credibility** - How to communicate credibility for influence and positive impact in the workplace

**Credible HR** - Enabling HR to add value to the organisation

**Personal Effectiveness Skills** - Support in developing confidence, credibility, influence, time management and assertiveness and conflict management skills so that individuals and teams are able to perform effectively.

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### ***Services***

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Krista offers support in **workplace performance improvement**.

Tailored, cost effective

- Consultancy and Research
- Coaching
- Facilitation
- Training and Development

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### ***Contact Details***

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