

Successful Minds Article Workshops



Successful Minds offers free monthly articles which are available for download from the resources page on our website at <http://www.successfulminds.com.au>. Our short articles cover a range of topics around personal and professional development.

These high quality articles are a much valued resource to many organisations. We want you to be able to utilise these free resources to their maximum potential, for the benefit of your team and colleagues.

We have created a series of free workshops to enable you to use the monthly articles available on our website in order to facilitate discussion, growth and development in your teams. These workshops can be conducted at meetings, training days and conferences.

In this document, you will find four of these article workshops for use with your teams. We would welcome your feedback about what you enjoyed most, and what you would like to read more about.

If you have any questions, or require further assistance, please feel free to contact us at info@successfulminds.com.au or phone us on 02 9016 7080.



Workshop One:

December 2009 Article - The Emotional Economy

Workshop discussion questions:

1. How did you feel after doing the one day positive emotional economy challenge?
2. What was it about this challenge that had the most impact on you?
3. What did you learn about yourself?
4. What is the relationship between the emotional economy and the culture of our team and organisation?
5. For your work environment, what can you do as individuals and as a team to promote a positive emotional economy in your working environment?

Workshop Two:

November 2009 Article - When Stretch Becomes Stress

Workshop discussion questions:

1. In your work environment, how do you maximise your use of the learning zone?
2. In your work environment, how do you keep out of the panic zone?
3. How can we support each other as a community in order to reduce unnecessary stress in our workplace?
 - a. What techniques do you find useful to reduce stress?

Create a list of all the activities you like to do that help relieve the stress of everyday life. Be prepared to discuss some of the activities on your list with the group. Examples could include exercise, walking, yoga or doing activities that you enjoy and help you relax.

- b. What daily activities can you do for the next seven days to help keep you in your learning zone?

Choose some activities from your list and the suggestions from the group. You could choose to do the same activity everyday or you could choose a variety of activities over the next seven days. Be prepared to feedback your results at the next meeting.

Workshop Three: October 2009 Article - Raise Your Bar

Workshop discussion questions and exercises:

1. When was the last time you exceeded your expectations of yourself and how did it make you feel?
2. What holds you back from exceeding your expectations of yourself?
3. Think of an area in your life where you could challenge yourself more.
 - a. What three actions could you take to give yourself the opportunity to exceed your expectation of yourself? Write these down.
 - b. Develop one of these actions into steps and milestones. Transfer the next steps into your diary and begin undertaking the actions towards your next achievement.
 - c. Record and celebrate each milestone as you achieve it.

Workshop Four: August 2009 Article - Conflict, is it always a bad thing?

Workshop discussion questions:

1. What did you discover about yourself through reading this article?
2. When, in your experience, has conflict lead to a positive result?
 - a. What was it about that experience that contributed to the positive outcome?
3. In what ways can we minimise negative conflict in the work environment?
4. What systems can we put in place to ensure conflict is handled well and leads to positive outcomes?



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Thank you for utilising these article workshops.