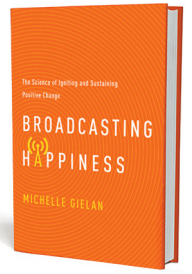


BROADCASTING HAPPINESS

The Science of Igniting and Sustaining Positive Change

MICHELLE GIELAN



KEY TAKEAWAYS

Research shows that a positive outlook leads to:

31%

more productivity

25%

better performance rating

23%

less stress

37%

increase in sales

THE VISION OF REALITY

we see and share changes people. Changing our story from one of paralysis to activation amplifies our power to inspire other people and ignite positive change.

Positive Broadcasters

use their words and actions to show that positive change is possible and that our behavior matters.

3 GREATEST PREDICTORS OF SUCCESS ARE:

WORK OPTIMISM

believing that good things will happen

POSITIVE ENGAGEMENT

believing that you can succeed

SUPPORT PROVISION

the more you invest in the success of others, the more likely you are to succeed

SPREAD SUCCESS

Activate other people's brains for greater performance using the following research-based strategies:

POWER LEAD

Start conversations with a positive fact to set a positive social script and prime the brain for success

FACT CHECK

Look for evidence why a challenge is temporary and local, and how our behavior can make a difference

GO VIRAL

Each day praise or thank someone new in a 2-minute email.

small words can have a BIG IMPACT

We are all broadcasters. We constantly broadcast information to others, even when we don't say a word. The messages we choose to broadcast shape others' views of the world and how they operate within it. Be the spark that ignites others to change their story and create a culture of positivity.

WWW.BROADCASTINGHAPPINESS.COM

Are you a positive broadcaster? Take the 30-question Success Scale to find out if you broadcast success!

Use code "ichoosehappiness" to access for FREE!