



SEPTEMBER 2020

## 6 Personal Habits for Flourishing During Tough Times

*Photo by Max Kleinen Unsplash*

These days everyone seems to be talking about resiliency or our ability to bounce back after difficult situations. What if we focused on how we **"flourish"**? Doesn't that word sound so much more positive and energetic? For me, it conjures up the picture of "thriving" vs. merely just getting by. Flourishing is about well-being, heightened development, positivity, growth and feelings of confidence & success.

**"Integrated Change Leaders"**<sup>™</sup> - those that **"release real change"** - help others to flourish and create workplaces that are lush with productivity, job satisfaction levels and highly engaged employees. They do this by marrying their own knowledge of change management processes, leadership practices and self-awareness. A leader's true ability to foster flourishing comes from intimate self-awareness.

Martin Seligman, one the founders of the positive psychology movement, speaks to six personal habits that drive flourishing.

1. **Positive Emotions:** being able to focus and develop one's own emotional agility to move towards positive emotion in a deliberate and skillful way
2. **Engagement:** being absorbed, interested and involved in the world
3. **Relationships:** being able to create genuine connections with others
4. **Meaning:** finding meaning in our work and lives; understanding how what you do at work makes a difference to others
5. **Accomplishment:** that feeling of achievement and mastery
6. **Health:** eating well, moving regularly and sleeping deeply

If you would like to learn more ways to build your emotional abilities to flourish and **release real change** within yourself and within your teams, connect with us today. We help you catapult your leadership skills and build flourishing workplaces!

# REMOTE WORK QUICK TIP!

## Have You Had Your Chat Today?

The **Integrated Change Leader™** knows that remote work requires an increase in the frequency of connections and communications to replace the "ad-hoc" conversations that occur when co-located.

Leaders....bump up the cadence of your check-ins with your team members!

And talk about things other than business! Your team will feel appreciated and "seen"!



## Upcoming Event



### "The Evolving Role of Change"

Tuesday, Sept 22, 2020  
7:30 pm  
via Zoom  
(link will be sent upon registration)

Philly Org Change Management  
Implementers

[Register Here](#)

## Develop Your Change Management Skills



Need to develop your change skills?

Don't know where to start when developing your change strategy?

Don't put it off any longer!

The time is now to learn all about it!

**Change Management Fundamentals** is our capstone, premiere online course that teaches the essential skills to lead and manage organizational

change initiatives!

Watch this video to learn all the juicy details about everything you'll learn in this highly-rated program!

Or visit our [sales page](#) to read all about it!



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