

Connect Care

Are You an Optimistic Person?

BY DR. ROGER HABER

Are you an optimistic person? I recently read an article that stated, "Leadership is about influence, not titles." One way you can influence others in your workplace is by being an optimistic team member.

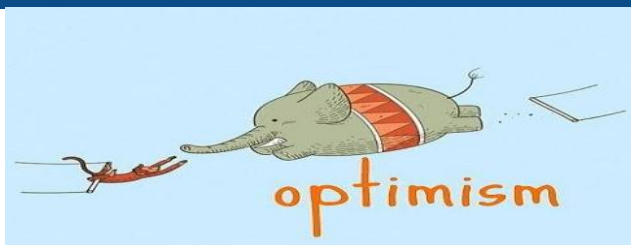
In this article (Insperity Staff), the writers share some of the traits that characterize an optimistic mindset:

1. **Open-minded and opportunity focused:** optimistic people are not afraid to take risks. They ask, "What can we do? We can all do more; together we become the best."
2. **Welcoming new ideas:** Optimism looks at how to be successful from all angles. Are you open to new ideas? Can you be challenged and encouraged by creativity and experimentation?
3. **Resilient and adaptable:** Do you automatically say, "no," or are you willing to step around roadblocks and figure out alternatives to accomplishing the goal? Don't abandon hope; search for solutions.
4. **Persistent and proactive:** If you're optimistic, you don't give up too easily. You anticipate challenges and help others find solutions.
5. **Strong coaching mindset:** you find ways to help others and accept help from others. You are looking for ways to energize, motivate, and show confidence to your fellow team members.



**"PERPETUAL
OPTIMISM IS A
FORCE
MULTIPLIER."**

COLIN POWELL



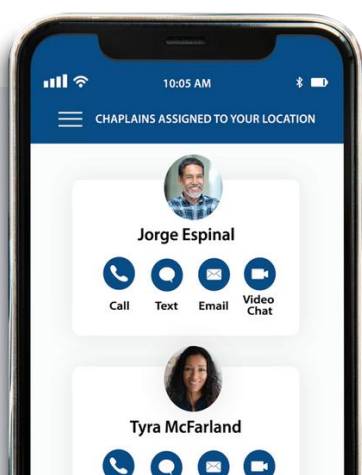
Now, how might we continue to develop optimistic skills?

- ✓ **Practice better communication:** Can you stop the negative talk? "We can't do that," "We've already tried that," "We've always done it this way." How about, instead, "How can we make this work?"
- ✓ **Realign your environment:** Sometimes, it's not what we say, but how we say it. The authors of this blog I've read say, "Try to view negatives in a different light. If you've received negative feed back, for example, that you need to make your team aware of, be conscious about how you relay the message." Remember, try to find solutions, not crush egos.

- ✓ **Find a coach:** Find an optimistic person and ask for help. (Maybe your chaplain.) Learning to be optimistic is not a one-size-fits-all approach. It takes time and coaching might be an important step for you.
- ✓ **Practice patience:** If you are one who might have a negative outlook, it's not going to be a quick fix. It takes practice, but you can do it. Instead of your normal response, you can say something like, "I need to give this more complete thought." Then work on heading toward a positive solution.
- ✓ **Use your new skills in your personal life:** It probably wouldn't hurt to be optimistic in your other interactions and relationships as well.

One more suggestion: Use your MyChap app, text your chaplain today and say something like: "I just read about optimism. How about we talk about one principle I can put into practice this month?"

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



**24/7 access to your
Chaplain Team
via MyChap App**

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Select a Chaplain to call, text,
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2218 – Orangeburg	126203
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2405 – Chatham – US 80	128284
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2409 - Union - Bridge Package 17	128289
2412 – Charleston Main Road Corridor Segment A	128938
2415 – Oconee Pickens	129560
2416 - Catawba & Iredell - NC 150	130492
2503 - Lexington - CCR 3C (Management Staff)	130493
2504 - Anderson - SC-81 over Saluda River & S-4-143	130401
2505 - Sumter - RBOs S-152 over CSX RR & S-55	130495

UIG Location	APP ID
2509 - Spartanburg - District 3 - Package 5	130496
2510 - Marion - US 76 over Catfish Branch	130497
2514 Richland - US 76 over CNL RR - Call 150	130798
2515 - Clarendon - I-95 over Tearcoat Branch - Call 50	130799
2516 –Greenville – S-23-107 over I-385 Bridge Repair	130930
2518 – Union – S-16 over Tyger River	131184
2601 – Marlboro – SC 9 over Crooked Creek	131200
2604 - Colleton – US 17 Replacement	131185
2605 – Aiken – US 278 SC-125 over US-1 Bridge	131186
2606 – Greenville – US 29 over Enoree River Repairs	131187
Corporate Office	123609
Charlotte, 3800 Arco Corp Dr. NC	124373
United Demolition Office - Charleston	128716
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Rock Hill Office	129574
Columbia Office	125579