

Public Library Association Conference 2012

Can't, Won't, Don't, Couldn't, Shouldn't, Wouldn't

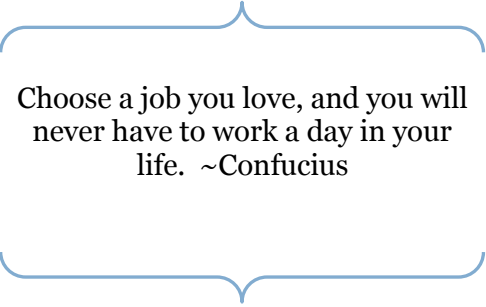
Combatting Negativity Nellies in the Workplace

"When people go to work, they
shouldn't have to leave their hearts
at home." --**Betty Bender**

Vicky Baker

Why People Are Negative About Their Jobs

- Lack of feedback
- Unrealistic expectations
- Insufficient equipment
- Few options/trapped
- Favoritism
- Micromanagement
- Change
- Supervisors/Managers



Choose a job you love, and you will never have to work a day in your life. ~Confucius

Are You Negative?

- Are you negative about your organization and administration?
- Are you negative about your manager?
- Are you negative about your co-workers?

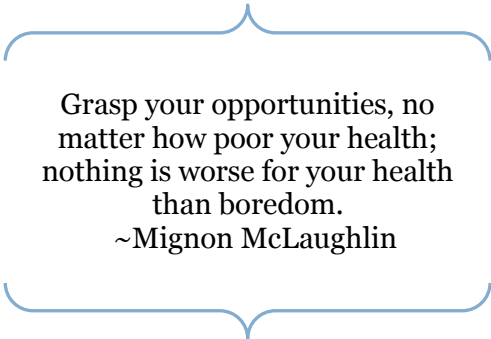
What You Can Do

Physical Environmental Factors

- Temperature of the workplace
- Furniture
- Privacy
- Clutter
- Access to equipment needed for work

Human Environmental Factors

- People who irritate you
- Interruptions
- Distractions
- Noise
- Boredom



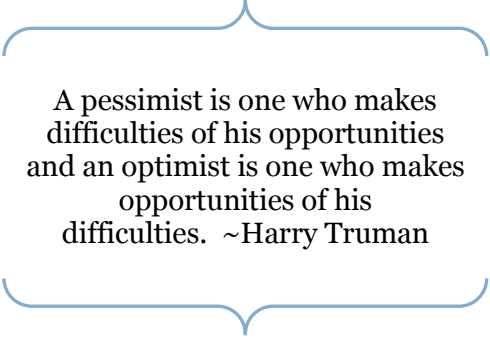
Grasp your opportunities, no matter how poor your health; nothing is worse for your health than boredom.
~Mignon McLaughlin

Negativity Facts

- Impact on the workplace
- What causes negativity
 - Change
- Negativity is a habit

Types of Negative People

- Locomotives
- Perfectionists
- Ice People/Resisters
- The “Not-my-jobbers”
- Rumormongers
- Pessimists
- Uncommitteds
- Criticizers
- Crybabies
- Sacrificers
- Self-Castigators
- Scapegoaters

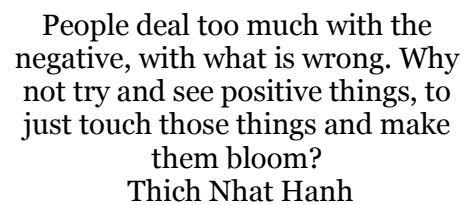


A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. ~Harry Truman

- Eggshells
- Micros

Top Ten List: Control Negativity

10. Set a time limit
9. See the bigger picture
8. 3, 2, 1....1, 2, 3
7. Laughter is the best medicine
6. Wear a rubber band
5. Stay in the present
4. Stop the thought!
3. Have a favorite saying
2. Be your own best friend
1. Do something to help others



People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?
Thich Nhat Hanh

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