

every  
woman

Increasing positivity  
to boost motivation  
and promote  
wellbeing



Danielle Dakin

everywoman expert



# Learning Outcomes

- Understanding what positivity is
- Identifying types of positivity
- Interventions to cultivate positivity



# Understanding Positivity





# Positivity

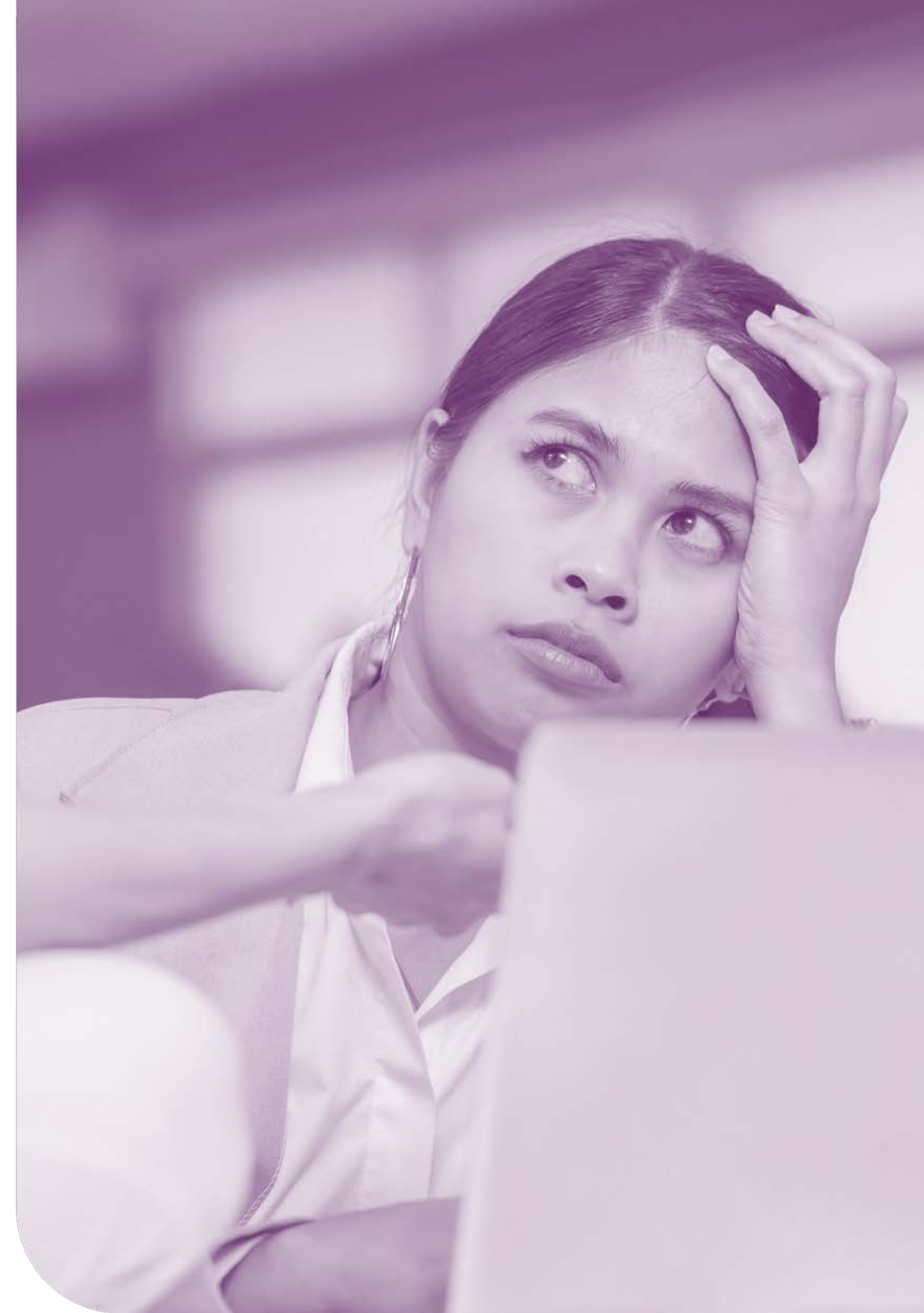
Builds of resources supporting growth and development

- Feels good
- Opens the mind
- Facilitates deeper human experiences
- Promotes positive thoughts and behaviours
- Improves resilience and motivation
- Cultivates confidence and learning
- Supports wellbeing

# Negative emotions teach us something

They enable positive actions

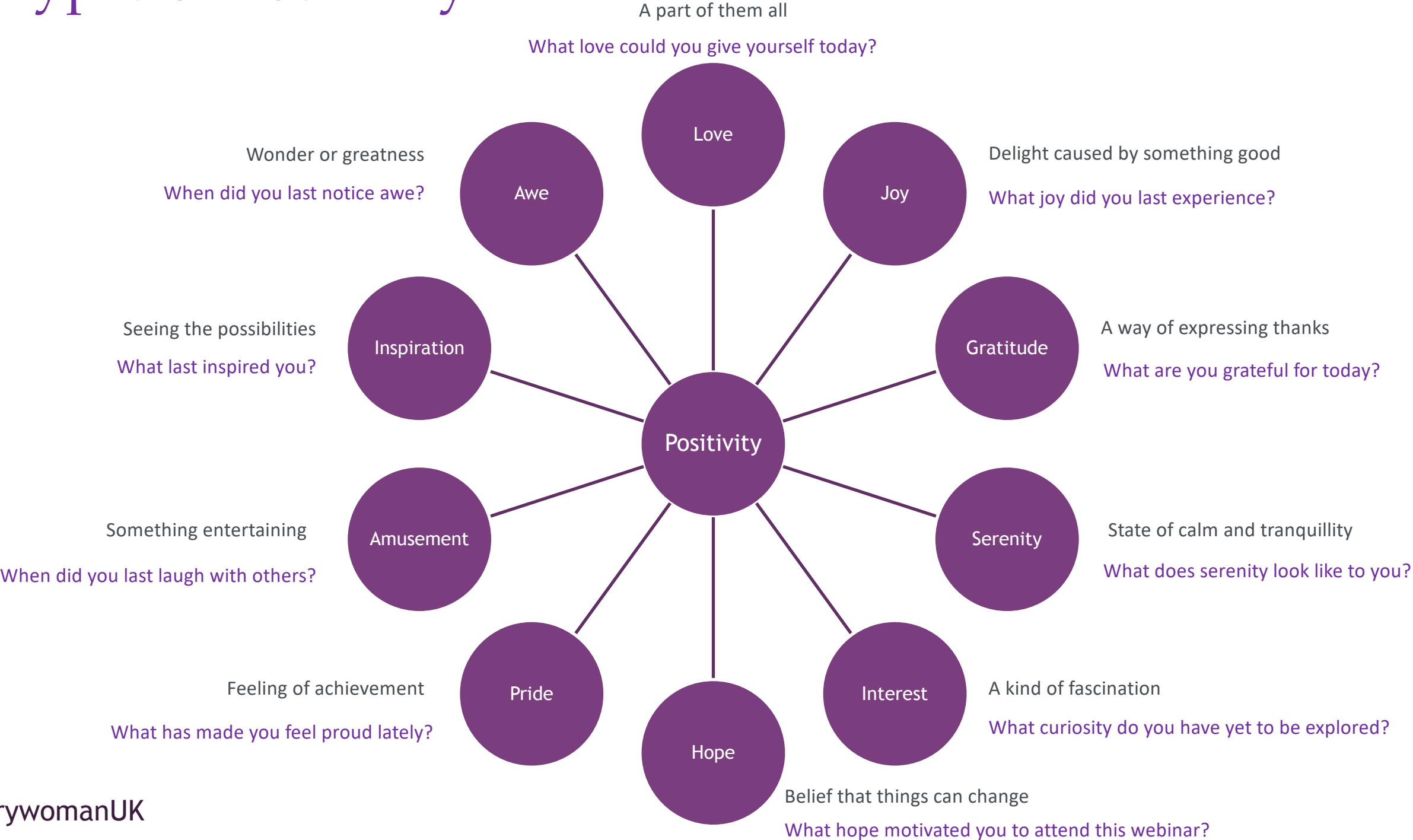
- Feeling **fear** tells you that you care about performing well.
- **Anxiety** may tell you an important deadline is looming, to stop procrastinating and get on.
- **Fear** can ignite your awareness and intuition making you pay attention.
- **Anger or frustration** may indicate that you need to set boundaries with people.





## Types of Positivity

# 10 Types of Positivity







## Poll One: Which type of positivity would you like more of?

A - Joy - Delight caused by something good

B - Gratitude - A way of expressing thanks

C - Serenity - State of calm and tranquillity

D - Interest - A kind of fascination

E - Hope - Belief that things can change

F - Pride - Feeling of achievement

G - Amusement - Something entertaining

H - Inspiration - Seeing the possibilities

I - Awe - Wonder or greatness

A person in a dark suit and light-colored shirt is holding a pen over a document. The image is overlaid with a semi-transparent purple filter. In the foreground, there are several sheets of paper with various charts and graphs, including a pie chart and a bar chart.

## To nurture the positivity – create a portfolio!

Start by considering a few questions:

- When did I last feel the positivity type
- What was the experience?
- What actions or activities could promote this feeling for you?
- When do you most need the positivity type?

A woman with blonde hair, wearing a white t-shirt and dark overalls, is leaning over a table filled with various indoor plants. She is looking down at a plant in a white pot, appearing to be tending to it. The scene is set indoors, likely on a balcony or near a window, with natural light filtering through. The overall mood is calm and focused.

Cultivating Positivity

@everywomanUK

Connecting meaningfully with others





Savor the moment

# Develop Distractions





Cultivate Kindness

Nurture Gratitude







## Poll Two: Which interventions will you try?

A - Connect Meaningfully with Others

B - Savour the moment

C - Develop distractions

D - Cultivate kindness

E - Develop gratitude

A group of five diverse women are shown from the chest up, laughing and smiling together outdoors. The woman on the far left is partially cut off. The woman next to her has short grey hair and glasses. The woman in the center has braided hair and is wearing a dark top. The woman to her right has short white hair and is wearing a light-colored top. The woman on the far right has long, curly dark hair and is wearing a patterned top. The background is a blurred outdoor setting with trees. The entire image has a purple tint.

Engage in trial and error,  
But enjoy the process