PRACTICING POSITIVITY

keynote with Beagley & Vargo

introductions

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Square one

positive relationship with self
two wolves

*One evening a Cherokee Indian elder told his grandson about a battle that goes on inside all people. He said, ‘My son, the battle is between two ‘wolves’ inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.’ The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’ The grandfather simply replied, The one you feed.*

positive state

1 negative thought = 6 positive thoughts

strengthening the relationship

positive relationship with others

mindful listening
- curiosity
- focused attention
- self management

empathic joy
- strength spotting
- acknowledgment

compassion
- common humanity
- non-judgement
- intentional acts of kindness

authentic charisma
- open, trusting emergence
- courageous vulnerability
identify a problem & offer an antidote

Why is the house a mess?
When are you going to get this done?

What are you worried about today?
How can I support you?

practice postivity

1. What am I doing now that you like?
2. Is there anything that I used to do that you wish I still did?
3. What would you like me to improve on?
4. Do you feel that we are positive communicators?
5. Is there anything we can do to work more as a team?
6. If there are things are hard for you to hear... How can I bring these up with you?
7. In what ways do you feel that I support your dreams and goals?
8. Are there times when you feel that I am too critical of you?
9. What is my most attractive quality?
10. What’s your favorite memory with me?
11. What has been the biggest adjustment you have made since we’ve been together?
meditation

Q & A

couples’ retreat included

thank you
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