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Intro: My name is Melodie Brunt. Texarkana, Staff Accountant, Married with 3 girls, 3 son-in-laws, 7 grandchildren. My presentation is on Attitude. Give a brief history of my life – Girls all moved back home at one time or another, husband depression, all parents and aunts and uncles have passed, life is good – because God is the center of my life.

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On the surface, attitude is the way you communicate your mood to others. When you are optimistic and anticipate successful encounters, you transmit a positive attitude and people usually respond favorably. When you are pessimistic and expect the worst, your attitude often is negative; and people tend to avoid you. Inside your head, where it all starts, attitude is a mindset. It is the way you look at things mentally.

Think of attitude as your mental focus on the outside world. Like using a camera, you can focus or set your mind on what appeals to you. You can see situations as either opportunities or failures. A cold winter day as either beautiful or ugly. A departmental meeting as interesting or boring. Perception – the complicated process of viewing and interpreting your environment – is a mental phenomenon. It is within your power to concentrate on selected aspects of your environment and ignore others. Quite simply, you take the picture of life you want to take.

How does this relate to CDA? You will be working with many different women, many different personalities.

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A positive outlook provides the courage to address a problem and take action to resolve it before it gets out of hand. By refusing to become angry or distraught can motivate you to assemble the facts, talk to others, determine your options, and then come up with the best solution. Even if there is no ideal solution, your attitude can help you live with the problem more gracefully which will help neutralize its negative impact. Now that sounds real pretty – and in reality you may bit your tongue/lip; you might go away with the thought – I'm not going back to that meeting. But think – think

Nowhere is a positive attitude more appreciated than when on-the-job. There are four reasons for this.

1. For many people, work is not what they would prefer to be doing. Working near a positive person makes the workweek more enjoyable. Or sitting beside negative CDA member.
2. Some co-workers have extremely difficult private lives. Work can be a place they find positive people and can forget about some of their difficulties. CDA meetings are their out.
3. Supervisors depend upon the positive attitudes of employees to establish a "team spirit." Positive attitudes make everyone's job a little easier. Your Regent would love for you to be that person she can count on the be positive about the items on the agenda.

4. Approximately half of a person's waking hours are spent in the workplace. Without some positive attitudes, this amount of time could seem endless. CDA is a place for you to let the outside world disappear.

In the work environment, as in your personal life, it is your attitude that makes the difference. Building and maintaining healthy relationships among superiors and co-workers is the key to success in any organization. Nothing contributes more to this process than a positive attitude. Are you the person that everyone wants to sit beside or the one people shy away from?

A positive attitude will expand your network. When positive, you transmit friendly signals. Customers, co-workers, and superiors are more open to you. Your attitude is expressed before you say a word. It shows in the way you look, stand, walk, and talk. If you are cheerful and upbeat, your attitude acts like a magnet. You not only attract others, but they are friendlier toward you because they sense in advance that you already like them.

Some people would rather find new relationships than repair old ones. In the work place, this can mean creating factions within a team, or switching jobs frequently. Those who want more from their careers recognize the importance of maintaining positive relationships. When a repair job is necessary, smart employees hasten to set things straight. They take this action whether they are responsible for the problems or not. Their attitude is that the relationship is more important than the incident that caused the damage. Working relationships, like others, are fragile and require constant care. Once neglected, it is difficult to return them to their previously healthy state.

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The Bible talks about our attitudes:

Positive Attitudes: Ephesians 4:31-32 p.1282, Philippians 2:3-11, 4:8-9 p.1290, Ezekiel 16:49-50

Love: 1 Corinthians 12:4-13 p.1244, 16:14 p.1249

Hope and Faith: Jeremiah 15:20-21 p.820, Sirach 14:1-2 p.710, Isaiah 40:31 p.780, James 2:14-17 p.1344

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The Prayer of Jabez 1 Chronicles 4:9-10 p.351

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The Secret Ephesians 6:10-18 Armor of God

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Attitude is Everything – Smile people will think you are up to something, Joy in your heart. Happiness and sadness are fleeting. Joy is from God and lights up your eyes and smile!

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And Finally.

Thank you for attending my workshop. I hope you will leave here with the knowledge that YOU with God's help can change your world.