



Staffing Success Psychology—The Science of Self-Talk

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James M Carchidi
Chief Enthusiasm Officer

Productive or destructive...self-talk is never taught yet rely on it every day.



PERCEPTION LEADS TO BELIEFS

By James M. Carchidi - Chief Enthusiasm Officer



BELIEFS LEADS TO BEHAVIORS

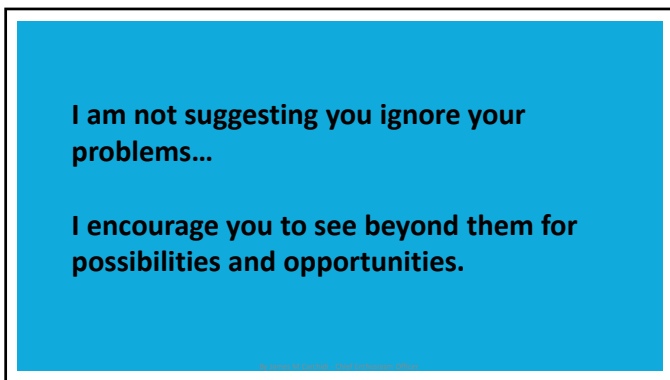
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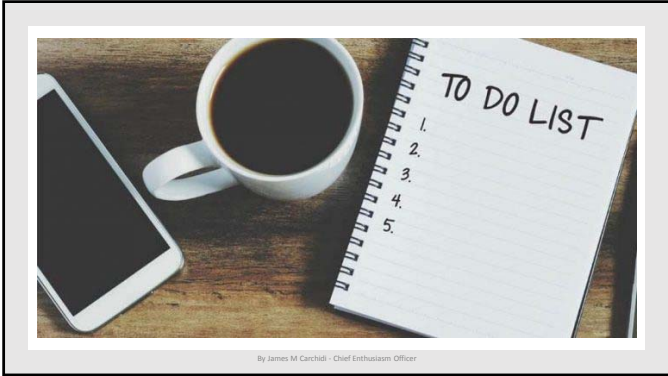




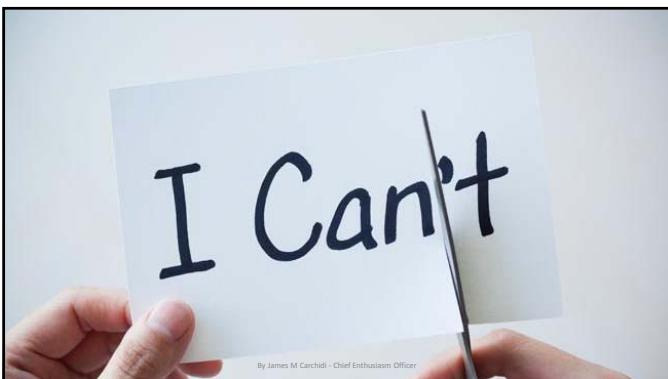


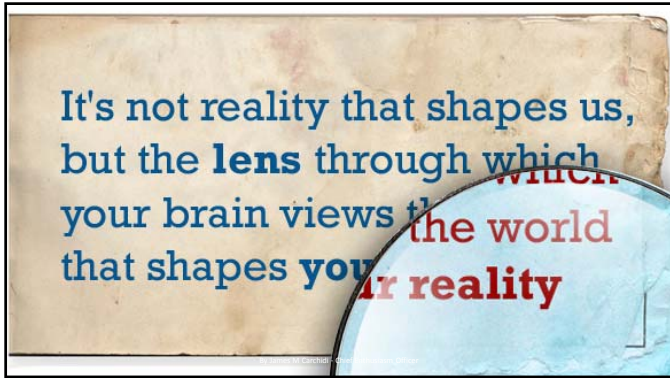


















Examine Your Assessments

- Think of a work task you did not particularly execute well.
- Write down three negative assessments you have of that situation...
- How do these assessments define the reality you have on future tasks similar/same in nature?
- How well are these assessments serving you in generating more productive and constructive possibilities? Would you like these assessments to shift?
- How will you shift these assessments?

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The smallest crowd you will ever lead is yourself. But it's the most important one.



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KEEP IN TOUCH VIA SOCIAL MEDIA!



Jim Carchidi, CSP

@JimCarchidi



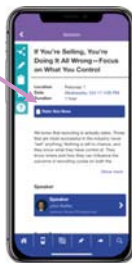
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