

# Workplace Wellbeing

## Positive Thinking

Positivity is not about having your heads in the cloud, it's about recognising the negative aspects of a situation and choosing to focus on the opportunities instead. As a positive workforce is a more productive workforce, this module explores the power of positivity in the workplace and how it can be improved.

## In this Module

Videoscribe explainer video, with professional audio (duration: 02:47)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Practice positive thinking throughout the day
2. Take responsibility for your situation and avoid apportioning blame
3. Surround yourself with positive people

