



10 TIPS TO STRENGTHEN OPTIMISM

In a recent survey, 65% of respondents considered themselves optimists (i.e., having a systematic tendency to expect the best possible outcomes) whereas only 2% of respondents considered themselves pessimists (i.e., having a systematic tendency to expect the worse possible outcomes). The remaining 33% saw themselves as realists (i.e., having a systematic tendency to expect the most likely outcome). Check out our recent [blog post](#) on the topic to explore why respondents felt this way and what they do during difficult times to stay optimistic – do they really look on the bright side of life?

- 1. Assume the best.** Believe in yourself and your ability to create positive results. Optimism has been [linked](#) to both career success and job satisfaction.
- 2. Be realistic.** [Delusional optimism](#) isn't healthy. Avoid complacency – count your blessings; don't take them for granted.
- 3. Start small.** Focus on areas in which you have control. Most people are situationally optimistic; they feel better about things within their personal sphere of influence (e.g., friendships) than global issues such as the environment or economy.
- 4. Seek positive influences.** As both optimism and pessimism are socially contagious, consciously avoid negative people and media; choose to surround yourself with hope-inspiring messages. If you can't change a toxic environment, leave it behind.
- 5. Find balance.** [Research](#) identified the five most significant influences on a sense of optimism as family life, personal health, personal finances, love life, and social life, with "things at work" coming next.
- 6. Set SMART goals.** Breaking major tasks into manageable action steps fosters a sense of control in achieving hopes and dreams.
- 7. Take reasonable chances.** To a certain extent, acting on optimism takes a leap of faith (e.g., applying for a job, submitting a funding proposal, asking someone on a date).
- 8. Accept occasional failure or setbacks.** Learn from them. Recognize the influence of chance and the reality of competition.
- 9. Develop relevant skills** (e.g., job search, career management, financial, leadership). It's easier to be optimistic about the future if you're confident that you have the skills required to achieve success.
- 10. Learn to be optimistic.** Seligman, in his popular book, *Learned Optimism*, provides strategies to train your mind to look for positive outcomes, countering "learned helplessness." As well as being an innate personal characteristic, optimism can be nurtured and developed.



Coming FALL 2012

Our Spring 2012 semester has come to a close. We hope you'll join us in the Fall for some of these exciting courses. Just click on the course names below for more information. If you're a CMPP student seeking to complete an Applied Project or Practicum over the summer months, contact the [Student Advisor](#) to get started.

Keep in mind that we can arrange special sessions of any course for intact groups over the summer months, as well as facilitate workshops on a wide-variety of topics. [Contact us](#) to discuss your options.

CMPP Courses:

- **Researching Workplace Trends, Career Information and Employment Possibilities**
- **Group Facilitation Strategies for Career Programs**
- **Career Development Foundations, Emerging Theories and Models**

Certificate Courses:

- **CPE 510: Fundamentals of Psychometric Assessment**
- **Foundations for Practice in Educational and Vocational Guidance**
- **Job Developer**

Short Courses:

- **Managing Diversity at Work**
- **e-Coaching**

[Click here](#) for our full course schedule

Upcoming Webinars:

- **Managing Challenging Clients – June 5 (with NBDAG)**
- **Look Before You Leap: Survival Strategies for the Self-Employed – June 14**

Webinar Recordings:

Missed a webinar? Purchase a CCPA webinar recording for only \$55 (\$45 for CCPA members)

- **Expat or Immigrant? Not Exactly the Same Thing**
- **Strengthening Optimism: Building Hope for the Future**

DID YOU KNOW?



Inaugural GCDF scholarship announced. Each year the NBCC Foundation will award a \$5000 scholarship to one student in the US and one outside of the US – [click here](#) for details. The application deadline is July 31, 2012.

Our Job Club Coach program bridges into 2 certifications from  **Career Professionals of Canada** – Certified Resume Strategist and Certified Interview Strategist. Students completing our program are eligible for these credentials at 80% of the regular certification fees. [Click here](#) to find out more.

In response to a growing demand from career service professionals for information on trends/developments, [Contactpoint.ca](#) has added a **Reports & Trends** section to their website where you can now view the latest reports and policy briefs as they're released by local, provincial, national, and international organizations.

NEW RESOURCES

Although not new, *Learned Optimism: How to Change Your Mind and Your Life* by Martin E. Seligman, is an excellent read for those seeking to inject a bit more positivity/optimism into their lives.



Is optimism simply a bias to overestimate the probability of favourable outcomes? Check out *The Optimism Bias: A Tour of the Irrationally Positive Brain* by Tali Sharot and decide for yourself.

Listen to CBC's recent podcast on *A Question of Optimism* [here](#).

One of our favourite skill assessments is **SkillScan**. If you're interested in learning how this tool can help your clients identify strengths and competencies, join the 2-part training program this June. [Click here](#) for details.

STUDENT OF THE MONTH



Life Strategies Ltd. would like to congratulate Tim Clark, June's Student of Month. In just a short time within his course, Tim managed to make quite the impression on his instructor receiving a nomination for student of the month within 7 days. Tim's participation in his course was marked by taking initiative, opening discussions, sharing information and resources unselfishly, and providing sound rationales for every discussion item with reference to readings.

Tim wrote: After obtaining a degree in religious education and working as a pastor for almost 19 years, I became intrigued with career development and completed a Career Development Diploma. My life's motivation is working with people and seeing them succeed. It is easy then to see how pastoring and employment counselling are a relatively smooth transition; the cross transferable skills are extremely similar. Along with assisting people individually, I love facilitating small groups; particularly enjoying the energy and watching "lights" come on across the group when a new idea is grasped. Taking this Job Club Coach course is very timely since I have just been asked to take over the facilitation of my organization's monthly Job Club program. I am thankful for Life Strategies' input and direction in this area of my training.

CONGRATULATIONS

Cory Robertson has successfully completed his **Career Transition Specialist** certificate.

The following students have recently completed their **Job Developer Certificate**:

- Anna Shultz Tkachenko
- Liba Thomsen
- Allison Watson
- Lindy Bellamy
- Doug Greenwood
- Nicole Lucier
- Joey Robertson



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