***Blaze Your Brain: How to Turn Negative Thoughts into Positivity, More Action and Bigger Results --* Jessica Rector**

To keep up with the evolving world around you, you can’t keep thinking the same way you’ve always thought. In this presentation, explore the mindset that keeps you embracing change and better leading. You have 60,000 thoughts a day, and research shows 80% are negative. With uncertainty, the unknown, and change thrust upon you, these thoughts come in the form of doubt, worry, and stress and are linked to a poor attitude, an increase in errors, and declining leadership. The right mindset, however, will help you communicate more effectively, solve problems faster, and improve student engagement. Jessica guides you through her five-step process to identify your exact negative thoughts and turn them into actions that will change how you work, lead, and live. In today’s changing economy, it’s imperative to know how to change your thoughts, change your outcomes and fire up your power within.

***Participants will:***

·        Identify and correct negative self-talk triggers to enhance productivity, innovation, and engagement

·        Apply the #1 way to disrupt your thought process to eliminate bad habits and improve critical thinking and student success

·        Turn a reactive mindset into a problem solving one, increasing adaptability, mood, and decision-making skills