



## **Electric Boat Management Association (EBMA)**

### **Overcoming Negativity in the Workplace**

Negativity can quietly spread through a team, impacting morale, productivity and collaboration. But with the right mindset and strategies, it's possible to shift the culture and create a more positive, productive environment.

Join our interactive class, *Overcoming Negativity at Work*, and learn practical approaches to recognize negative patterns, respond constructively and help build a healthier workplace culture.

Grounded in insights from organizational psychology and positive psychology, this session explores how attitudes influence team dynamics and how individuals can contribute to more constructive conversations and solutions.

#### **In this class, you will learn how to:**

- Recognize common sources of negativity in the workplace
- Respond to difficult attitudes in a productive way
- Shift conversations toward solutions and collaboration
- Strengthen resilience and maintain a constructive mindset
- Contribute to a more supportive and positive team environment

Whether you lead a team or work within one, this class provides practical tools to help turn challenges into opportunities for growth and improvement. A positive workplace starts with how we respond to challenges.

RSVP to Lexi Byrd at [abyrd@gdeb.com](mailto:abyrd@gdeb.com).