

Quadrant II Newsletter

Research shows that the difference between leaders who derail in their career and those that soar to great heights is social skills. Social skills appear in the second quadrant of Stephen R. Covey's Importance-Urgency matrix: social skills are important to a career but not urgent (Covey is author of the top-selling business book *The 7 Habits of Highly Effective People*). Quadrant II provides an opportunity for business and technical professionals to learn and try out new social skills based in science.

7Nov2017, author: Valerie Patrick, PhD, *How to Increase Long-Lasting Happiness*

Quotable (*Key Message*)

Recognizing and articulating experiences that you are thankful for is a proven way to increase your happiness which, in turn, correlates with achievement.

Quantify (*The Science*)

Dr. Martin Seligman, psychology professor at the University of Pennsylvania, defines happiness as the presence of positive emotion, engagement, and meaning (<http://www.psykologtidsskriftet.no/pdf/2005/874-884.pdf>).

Research on happiness measured according to this definition shows that happier people are healthier, more successful, and more socially engaged (<https://www.apa.org/pubs/journals/releases/bul-1316803.pdf>). Furthermore, Dr. Seligman found that asking people to perform specific practices for a limited amount of time aimed at thankfulness led to increased happiness up to six months later. Therefore, performing thankfulness practices on a regular basis increases long-lasting happiness. One of these thankfulness practices is described below.

Qualify (*Put into Practice*)

To experience a boost in happiness that lasts at least six months, try the practice called three good things once a day for five days straight. You can do this practice first thing in the morning reflecting on the previous day, or before you go to bed reflecting on the current day. The practice is to write down three positive things that happened during that day and explain why that positive thing happened

(https://greatergood.berkeley.edu/article/item/four_great_gratitude_strategies). For example:

1. I was in great voice for choir today. I drank plenty of fluids yesterday and woke up early to do the vocal warm-ups I learned from my voice coach before going to church.
2. Our son found a restaurant to take us to during our visit with him this coming Thanksgiving. He is looking forward to our visit!
3. The pastor's sermon today gave me some new insights for my leadership workshop. I practiced my leadership workshop enough times to know the material cold and the pastor's explanation of mercy, empathy, and judgment adds broader perspective to improve my delivery.

Quip (*Fun*)



While anyone would be happy if the withdrawn Sheldon from the Big Bang Theory TV Show hugged them, it is reflecting on why the hug happened that leads to a boost in long-lasting happiness.

Quest (*Resources*)

Here my new offerings to help professionals be FAB (faster AND better):

- Course design and delivery to lead without positional power
- Course design and delivery on the science and business benefits of climate change
- Customized speaking engagements on teamwork and leadership (such as “Unshackle Your Team: 5 Ways to Unleash High Performance” and “Stop Walking on Eggshells: How to Improve Male-Female Workplace Interactions”)

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About Fulcrum Connection LLC

Fulcrum Connection specializes in instructional design, training, speaking, facilitation and consulting to develop skills in leadership, innovation, sustainability, troubleshooting teamwork, and managing technical professionals.