

CULTIVATING A POSITIVE WORK CULTURE IN THE AGE OF AI



AURELIE LITYNSKI

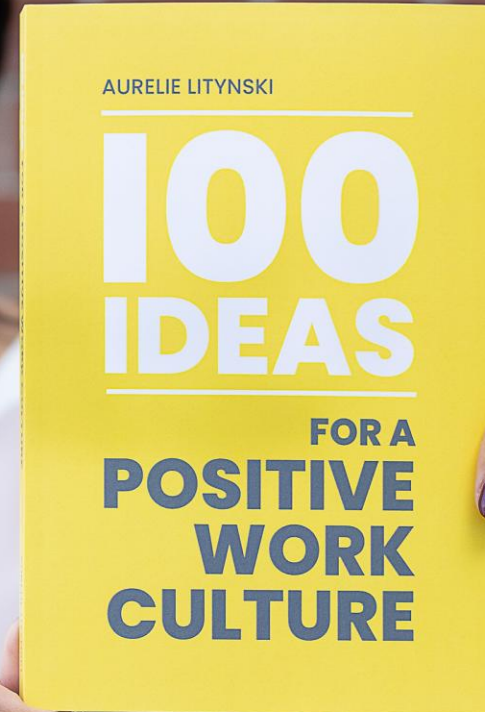
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**THINK ABOUT
A GREAT
LEADER
YOU'VE HAD**



**YOUR IQ
IS NOT
ENOUGH
ANYMORE**

**YOUR EQ
WILL
MAKE THE
DIFFERENCE**

4 DOMAINS
OF EQ

KNOW

ACT

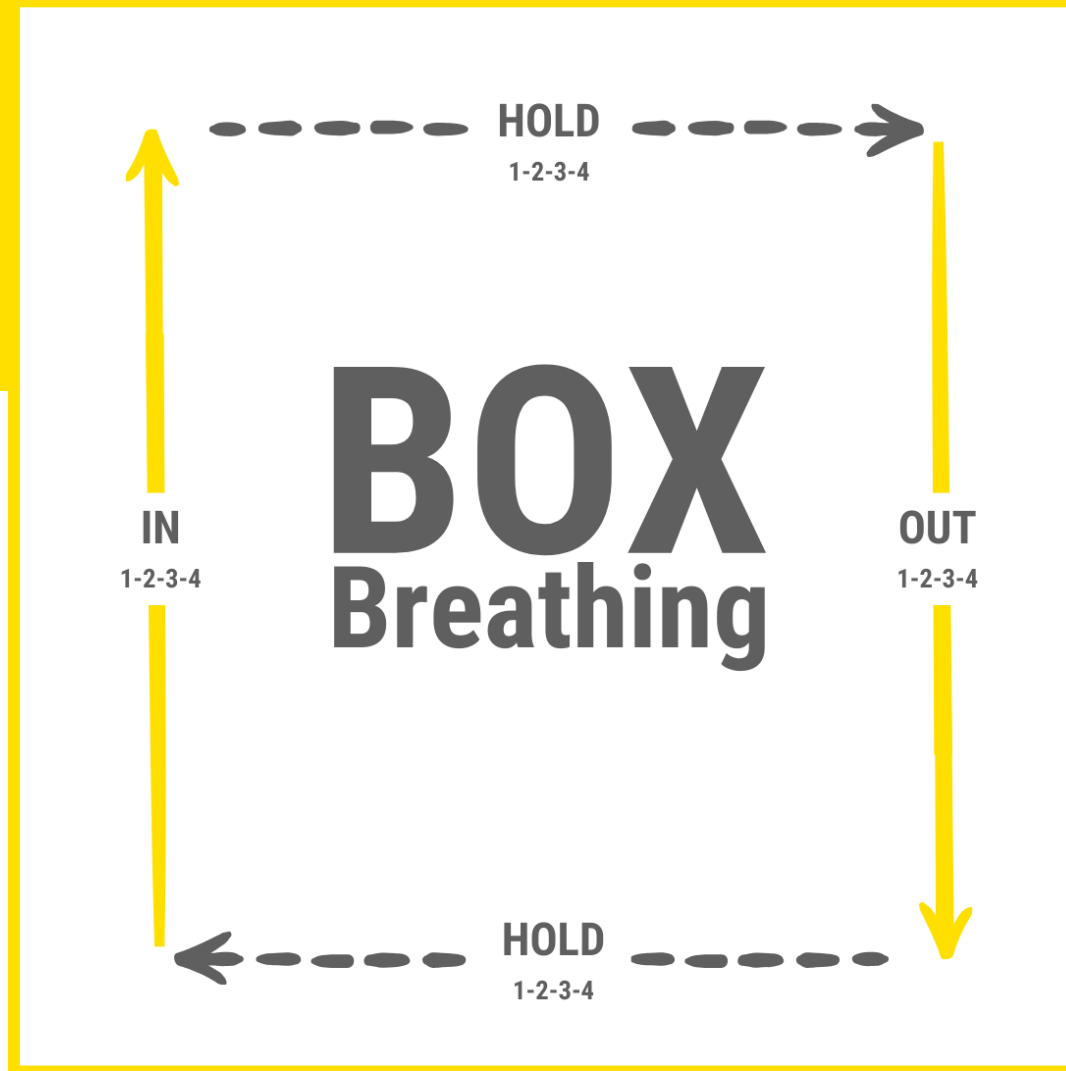
SELF

SELF
AWARENESS

SELF
MANAGEMENT

OTHERS

LEARN TO CALM DOWN



LEARN TO STAY FOCUS

*Use time
management
techniques
to focus*

*Hack back
external triggers*

4 DOMAINS
OF EQ

KNOW

ACT

SELF

SELF
AWARENESS

SELF
MANAGEMENT

OTHERS

SOCIAL
AWARENESS

PAY ATTENTION TO OTHERS

*Focus more on
people and not
only on tasks*

*-> show **empathy***

*Start your
meetings /1:1
differently*

ASSESS YOUR TEAM'S EMOTIONAL STATE

Which emoji best describes your current state of mind?

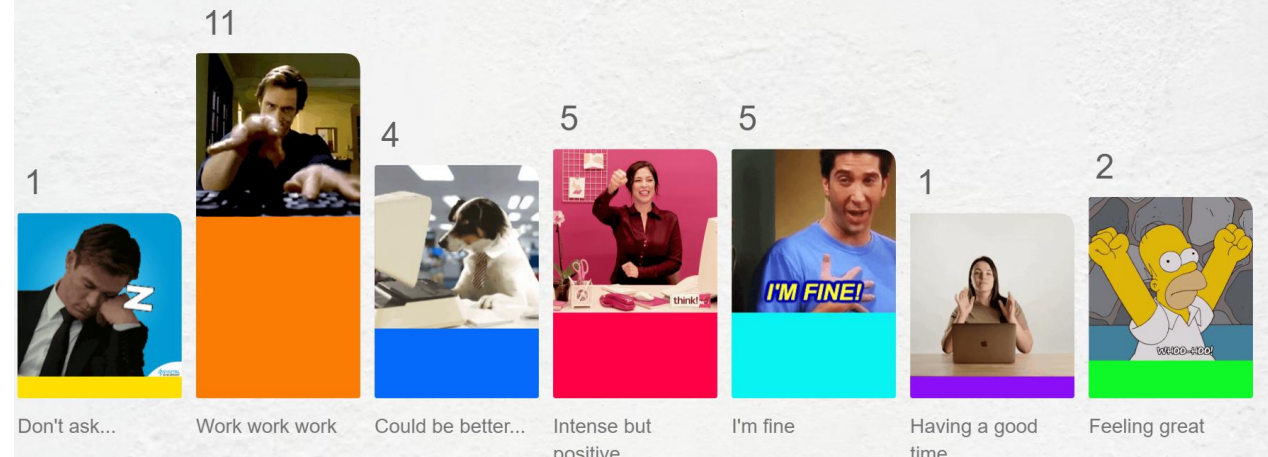


What's the one word/emoji that best describes how you feel today? 😄 🧐 💡 🤔 🙄 😞 😊 🙌 🙈 🙁 🧐 ...

286 responses



How's your energy level at work this week?



4 DOMAINS
OF EQ

KNOW

ACT

SELF

SELF
AWARENESS

SELF
MANAGEMENT

OTHERS

SOCIAL
AWARENESS

RELATIONSHIP
MANAGEMENT

MANAGE SOCIAL INTERACTIONS

LEARN TO LISTEN



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©JUNHANCHIN

4 DOMAINS
OF EQ

KNOW

ACT

SELF

SELF
AWARENESS

SELF
MANAGEMENT

OTHERS

SOCIAL
AWARENESS

RELATIONSHIP
MANAGEMENT



**ARE YOU
TAKING CARE
OF YOUR
HAPPINESS?**

**MOST OF THE
THINGS WE
THINK MAKE
US HAPPY**

**DON'T MAKE
US AS HAPPY
AS WE THINK!**

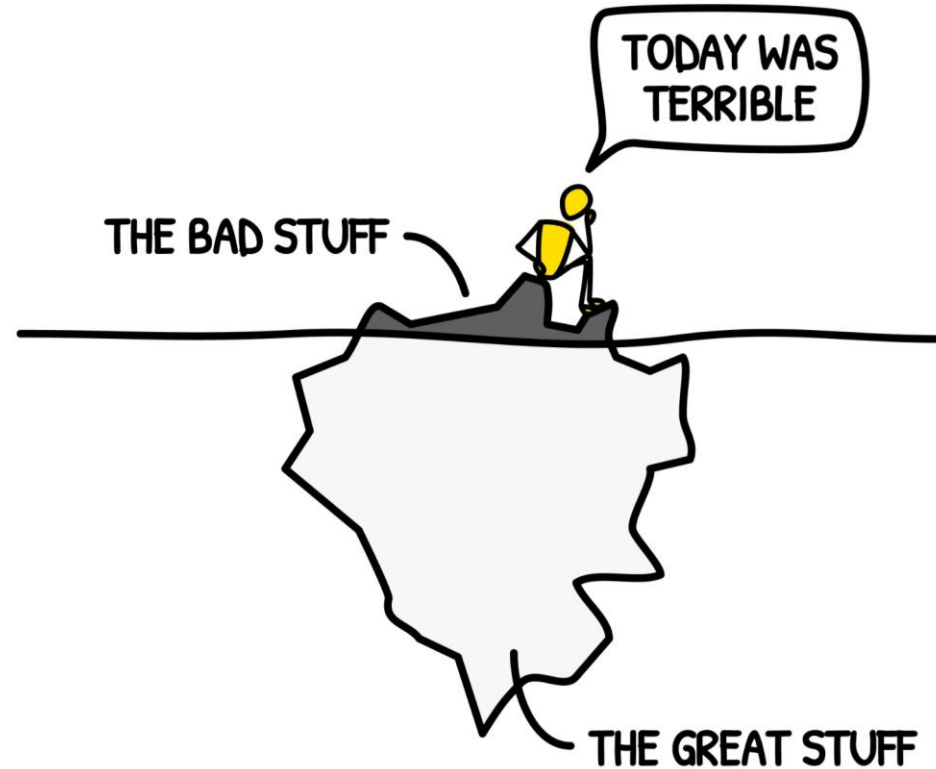
**HAPPINESS
IS NOT
RATIONAL**

**IT'S
EMOTIONAL**

**WHAT
MADE YOU
FEEL GOOD
AT WORK
RECENTLY?**



NEGATIVITY BIAS



REFLECT ON THE HIGHLIGHT OF YOUR DAY



EVEN AFTER A
CHALLENGING TIME...



...A SMALL HIGHLIGHT CAN
BRIGHTEN YOUR DAY!

YOUR

HAPPINESS

YOUR

RESPONSIBILITY

**TO ACHIEVE
SUSTAINABLE
RESULTS**

**WE ALL NEED
TO BE
ON BOARD**

**POSITIVE
LEADERSHIP**

**A SKILL
A MINDSET
AN ATTITUDE**



THANK YOU!

AURELIE LITYNSKI
Positive Work Culture Expert

