# 12@12 - Sharing Good News

## Slide 1 High Quality Connections

## Enhance our:

## Ability to learn new skills

## Problems solving and creativity

## Resilience

## Engagement in our work

## Individual and team performance

## Slide 2

## Conversation is the foundation of everything we do and create together

## Conversations shapes our social reality

## How we respond to good news has much more powerful impact on our relationships than how we respond to bad news

## Active Constructive Responding

## Slide 3

## Passive: (Destructive) Shift the focus of the story to yourself (Constructive) Acknowledge the news and move on.

Active: (Destructive) Point out the downsides, risks and concerns of the story

## Slide 4

## Passive: (Destructive) Shift the focus of the story to yourself

## Passive: (Constructive) Acknowledge the news and move on

## Active: (Destructive) Point out the downsides, risks and concerns of the story

## Active: (Constructive) Ask questions to help them relive the story and positive emotions

## Slide 5. Your colleague just tells you they’ve landed a new job

## Passive: (Destructive) That’s good. There’s a great job opportunity come up that I’ve applied for

## Passive: (Constructive) Good for you

## Active: (Destructive) Sounds like you’ll have a lot of responsibility to take on and a lot more hassles to deal with.

## Active: (Constructive) That’s great! What are you looking forward to? When do you start?

## Slide 6

## To make our conversations count we need to be present

## Turn away from our laptops, put away our phones and stop daydreaming.

## Slide 7. Want to find out more?

## Professor Jane Dutton

## [The Power of High Quality Connections](http://webuser.bus.umich.edu/janedut/high%20quality%20connections/power%20high%20quality.pdf)

## Shelly Gable

## [Will You Be There for Me When Things Go Right?](http://zackpreble.com/wp-content/uploads/2016/09/Gable-Gonzaga-Strachman-2006.pdf)