

City & Town Clerks Conference October 11, 2023.

Mental Fitness – Building Powerful Habits for a Positive Mind

Mental fitness is part of the breakthrough research of Positive Intelligence and the core factors of both performance and wellbeing. Either in the workplace or in our lives, there are patterns, thoughts, and actions that work against our success and peak performance. We have two functional regions of our brains – one is geared towards our survival, and the other helps us thrive.

Pressure from our lives and jobs, the past two years of a global pandemic, and world events can trigger this survival region of our brains. This survival focused region produces the stress, anxiety, self-doubt, anger, shame, guilt, frustration, and negative self-talk. When the survival brain is active, the thriving brain takes a backseat and we experience adrenal fatigue, exhaustion, and lack of mental clarity.

At the root-level these negative attributes in our minds are called Saboteurs – the automated patterns in our mind that dictate how we think, feel, and respond. When Saboteurs are left unattended, they work against your performance, wellbeing, and relationships.

This session will help each participant understand which Saboteurs are active and how they originate from an over-extension of strengths. Each participant will learn simple practical daily activities that lead to Mental Fitness and encourage neuroplasticity creating new and healthier habits when faced with stressful situations.

Each participant should take the complimentary self-assessment to identify which Saboteurs are active and working against their success and bring a copy of the results to the session.

<https://assessment.positiveintelligence.com/saboteur/overview>

Once the assessment is completed, please indicate your highest Saboteur at the link below prior to the session.

<https://fast-poll.com/poll/4750671d>

About the Speaker

Carl Weber, Director of Member and Technology Services, is responsible for member account development, member growth, stability forecasts, strategic positioning, and management of the Member Services and Technology Services Department. Carl worked in local government for more than ten years, and once upon a time he was a search-and-rescue swimmer for the US Navy. Carl holds Bachelors' Degrees in Political Science and Community Development and a

Master's Degree in Public Policy. Carl has certifications in DISC, Driving Forces, Emotional Intelligence, Acumen Index, and the Prioritized Leader as well as a Certified Positive Intelligence Coach. Carl regularly teaches on behaviors, leadership styles, as well as motivation, coaching, leadership challenges, team building, and failing as a leader. He has a passion to help leaders in their lifelong journey to finish well, to combat and work with their inner voice, strengthen their mental capacity and to live a meaningful story worth reading.