

# **Kiss that Frog: Turning Negatives into Positives in Your Life and Work**

Negative thoughts and emotions are the number one reason people don't feel happy or fulfill their potential. Fortunately, you have the power to change this by "kissing" your "ugly frogs" (facing head on and challenging your negative thoughts, beliefs, memories and/or emotions.) In this workshop, based on the book [Kiss that Frog: 12 Great Ways to Turn Negatives into Positives in Your Life](#) by Brian Tracy and Christina Tracy Stein, we will explore ways to change your mindset so that you discover something worthwhile in every experience and person, however difficult and challenging they might at first seem. There will be lots of opportunities to practice strategies and to develop a new approach to managing your ugliest of frogs and kissing them goodbye during the time we spend together.