

Adventures In Attitude

Mary Doze has been with the Texas Department of Human Services for 16 years. As a Regional Trainer, she has been training people how to have a good attitude for the last nine years. We all reach personal and professional crossroads in our lives. Participants learned to recognize and understand the way perceptions affect their lives. Mary provided techniques that contribute to a positive attitude. She used song, dance and rhyme to remind us how our attitudes influence the people that we work with.

Mary stressed the double dividend of a positive workplace attitude. In addition to building healthy relationships, a positive attitude is essential to career success. Although we cannot change the world, we can change our response to it. Participants became convinced that life is "10 percent what happens to me and 90 percent how I react to it". Her workshop, "Adventures in Attitude" is an inspiring testimonial.