**MAWA EVENTS**

**Address:** No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

**Phone:** +601116373203 | **Email:** info@mawaevents.net

# MANAGING WORKPLACE NEGATIVITY

*""Creating a Positive, Productive, and Resilient Work Environment""*

## Schedule

| Date | Venue | Fees (Online) |
|---|---|---|
| 05 Feb 2026 | Online (Live Virtual) | USD 450 per delegate |
| 26 Mar 2026 | Online (Live Virtual) | USD 450 per delegate |

► **Available delivery methods:** Face-to-Face & Online Training

## Introduction

Negativity in the workplace—whether it stems from stress, conflict, gossip, or low morale—can significantly reduce productivity, motivation, and team spirit. Left unaddressed, it affects employee retention, client satisfaction, and overall organizational performance.

This 1-day live online course provides managers, supervisors, and HR professionals with practical tools to identify, address, and transform workplace negativity. Participants will learn how to shift mindsets, foster psychological safety, and build a more energized, respectful, and solution-oriented work culture.

## Objectives

By the end of this course, participants will be able to:

- Identify common sources and early signs of negativity in the workplace
- Address toxic behaviors and mindsets with confidence and clarity
- Promote a culture of trust, openness, and accountability
- Use constructive communication to redirect negative energy
- Empower teams to resolve conflict and focus on shared goals

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## Why Attend

- Learn how to prevent and defuse negativity before it spreads
- Build team morale, engagement, and psychological safety
- Equip yourself to deal with gossip, blame, resistance, and withdrawal
- Promote a resilient mindset across your team and organization
- Create an action plan for a more positive, productive work culture

## Target Audience

This program is designed for:

- Managers, team leaders, and department heads
- HR professionals and employee relations officers
- Project and operations supervisors
- Anyone responsible for team well-being, culture, or morale

## Individual Benefits

Key competencies that will be developed include:

- Emotional intelligence and self-regulation
- Conflict resolution and feedback delivery
- Culture shaping and influence
- Empathy, active listening, and psychological safety promotion
- Leadership presence in challenging environments

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Reduced workplace conflict, burnout, and disengagement
- Higher levels of collaboration and team cohesion
- Improved staff retention and morale
- Greater alignment with organizational values and performance goals
- A healthier, more resilient workplace culture

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – Root causes and ripple effects of workplace negativity
- Mini Case Studies – Conflict scenarios and resolution approaches
- Workshops – Roleplay, reframing, and feedback planning
- Peer Exchange – Team dynamics, triggers, and insights sharing
- Tools – Early warning checklists, positive culture frameworks, and mood reset plans

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## Course Outline

**Delivery Format: Online (Live) |** Platform: Zoom, WebEx or Microsoft Teams **Training Hours: 07:30 AM – 03:30 PM Coffee Breaks: 09:30 & 11:15 |** Lunch Break: 01:00 – 02:00

- Module 1: Understanding the Cost of Negativity (07:30 – 09:30) • What workplace negativity looks and feels like • Sources: stress, fear, change, gossip, and burnout • Impact on engagement, productivity, and health
- Module 2: Diagnosing and Addressing Negativity (09:45 – 11:15) • Spotting early warning signs and patterns • Dealing with negative attitudes, blame, and withdrawal • Coaching and feedback for attitude improvement
- Module 3: Creating a Positive Team Climate (11:30 – 01:00) • Trust, gratitude, and recognition practices • Communication that uplifts and aligns • Promoting shared purpose and ownership
- Module 4: Final Workshop – Positive Culture Action Plan (02:00 – 03:30) • Building your own positivity strategy • Sharing commitments and team follow-up plans

## Certification

Participants will receive a Certificate of Completion in Managing Workplace Negativity, validating their skills to recognize, reduce, and reverse negative behavior while promoting a culture of respect, accountability, and optimism.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

| **In-House / Customized Training**<br>Interested in running this course for your team?<br>Please contact us: | TEL:<br>**+601116373203** | EMAIL:<br>**info@mawaevents.net** |
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