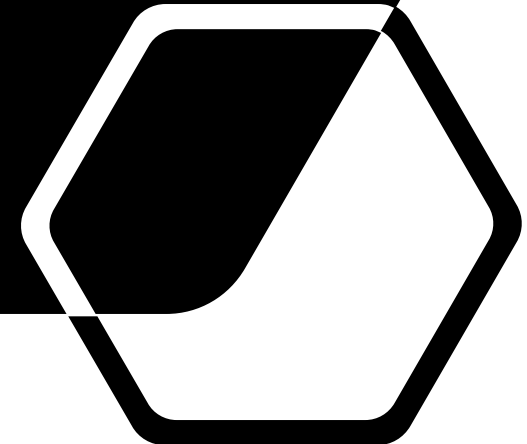
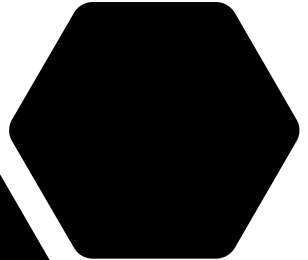
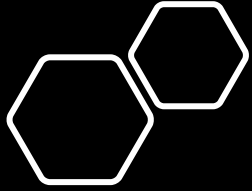


TEDx Video Overview

- Done by:
 - Ali Aljefri - *201617841*
 - Mohammed Alaryani - *201603046*
 - Hamad Alqahtani - *201502886*
 - Hamad Alsheraifi - *201617418*





Team Main Roles

- Hamad Alsheraifi – **Presenter**
- Hamad Alqahtani – **PowerPoint Creator**
- Mohammed Alaryani – **Discussion Questions Writer**
- Ali Aljefri – **Group Leader**

Outline

1. Title of the Video
2. The Speaker's biography
3. Reason/Purpose for this talk
4. Half-Full & Half-Empty Theory
5. Experiments/Studies
6. Solution
7. What we can learn from the video





TITLE:
*A Simple Trick to
Improve Positive
Thinking*

- **Speaker:** Alison Ledgerwood

Alison Ledgerwood's Biography

- **Profession:** Psychologist
- “A professional people-watcher”
- **Focus:** Methodological developments on boosting what people learn.

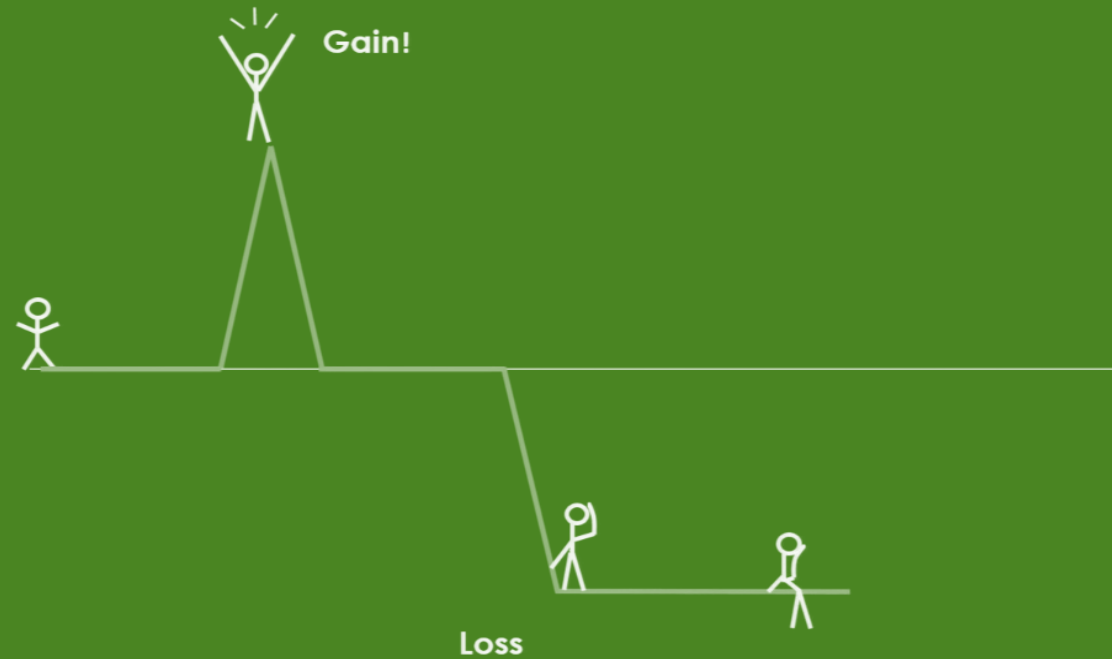
For full biography:

- <http://www.alisonledgerwood.com/>



Purpose of this Talk

A week in the life of an academic...



Questions



Why does a failure seem to stick in our minds longer than a success?

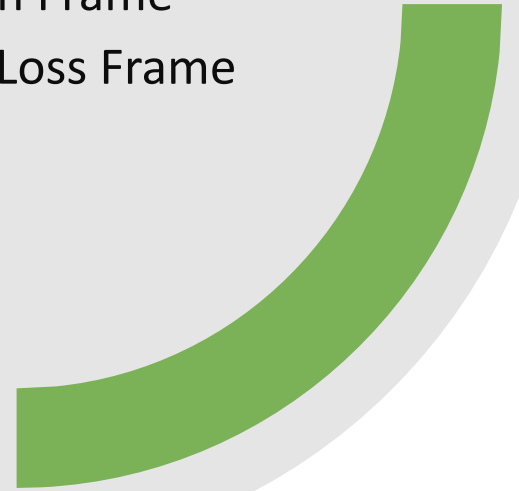


Do our minds get stuck in the negatives?



Half-full & Half-empty Theory

- Half-full: Gain Frame
- Half-empty: Loss Frame



Experiment in new surgical procedure



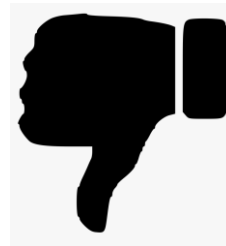
Group 1
70% Success



Group2
30% Failure

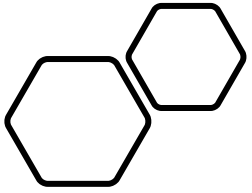


Group 1
30% Failure



Group2
70% Success





Is it mentally hard for people
to convert from losses to gains
than it is from gains to losses?

Study if it's harder
for people to
convert from losses
to gains than gains
to losses

600 lives are at stake

Group 1

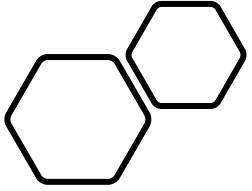
If 100 lives are
saved, how many
will be lost?

Group 2

If 100 lives are
lost, how many
will be saved?

$600 - 100 = ?$



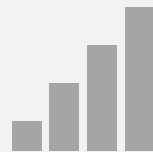


Our view of the world
tends to tilt towards the
negative

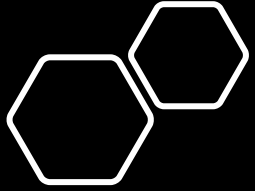
The one simple trick



TAKE NOTES

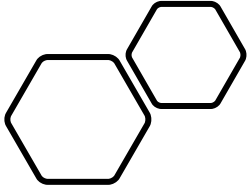


Benefit: Boosts one's happiness
& well-being



What can we
take out from
this video?

- Our minds are tilted towards the negative.
- Train yourself not to get used to allow negativity.
- “Life is short to stick with negativity”.
- Get over your negatives & move on.



Thank you all for
your time!