



*mm*

MELISSA MAJORS

# Help Them Thrive

Human-Centered Leadership



Loved by audiences at:





Memento mori











**Don't live to  
work,  
work to live.**





# Global Employee Engagement

% Engaged

# Thriving or Surviving?



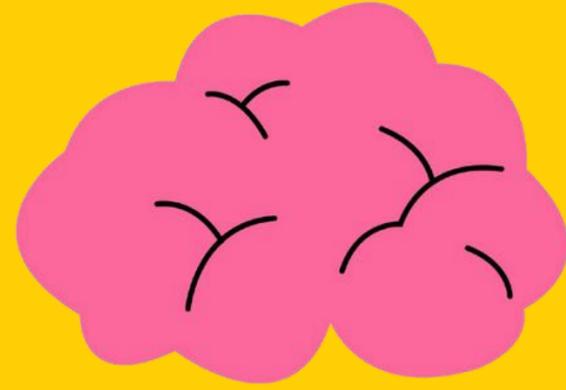
Engagement data were not collected in 2010, 2011 or 2017.

Source: Gallup 2023 State of the Global Workplace Report



An underwater photograph showing several pieces of clear plastic waste, including bags and fragments, floating in clear, turquoise water. The water is bright and clear, with some small debris and bubbles visible. The plastic waste is scattered across the middle ground, with some pieces appearing to be tangled or broken. The overall scene conveys a message about environmental pollution and its impact on marine life.

**Humans can't thrive in toxic environments.**



&



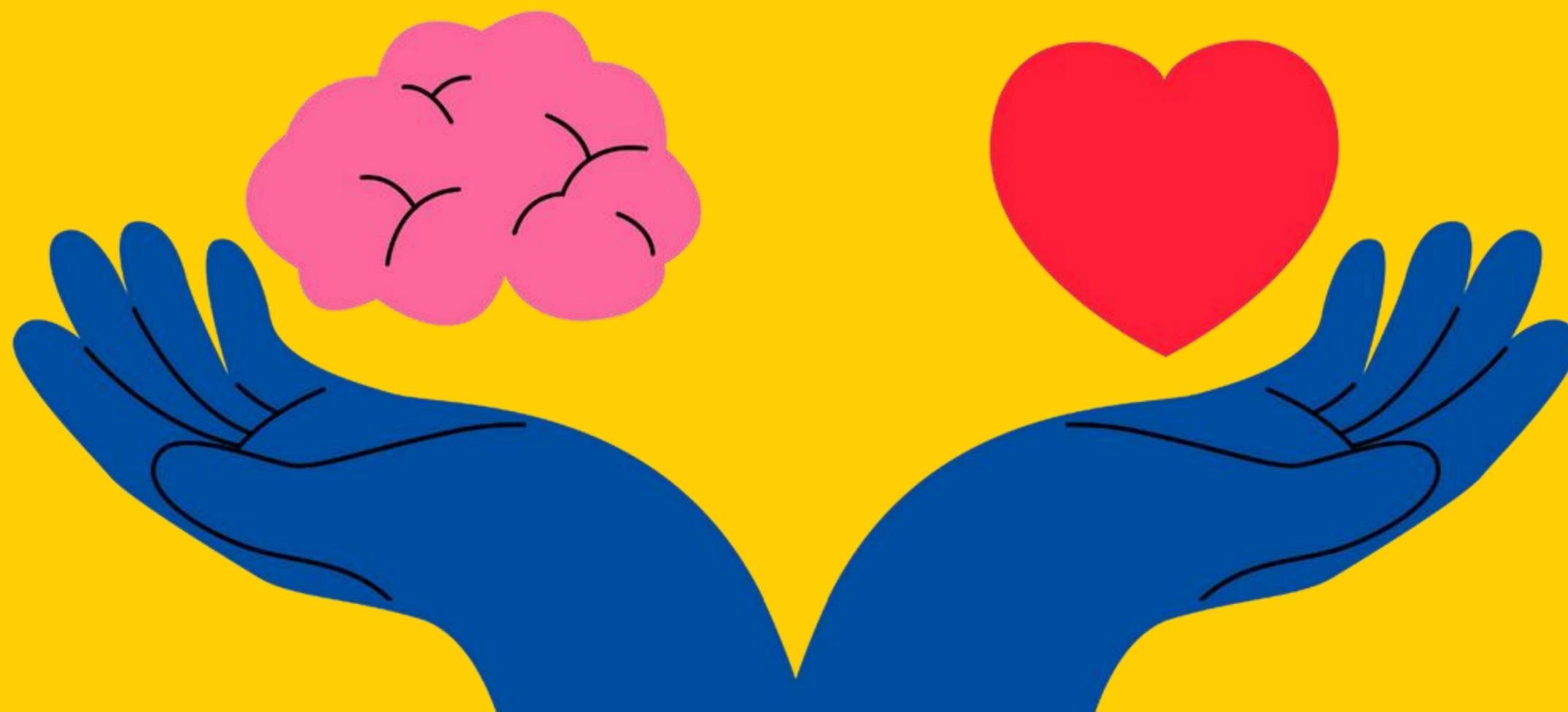
# HACKS & HABITS



Prepare  
To  
**Thrive**



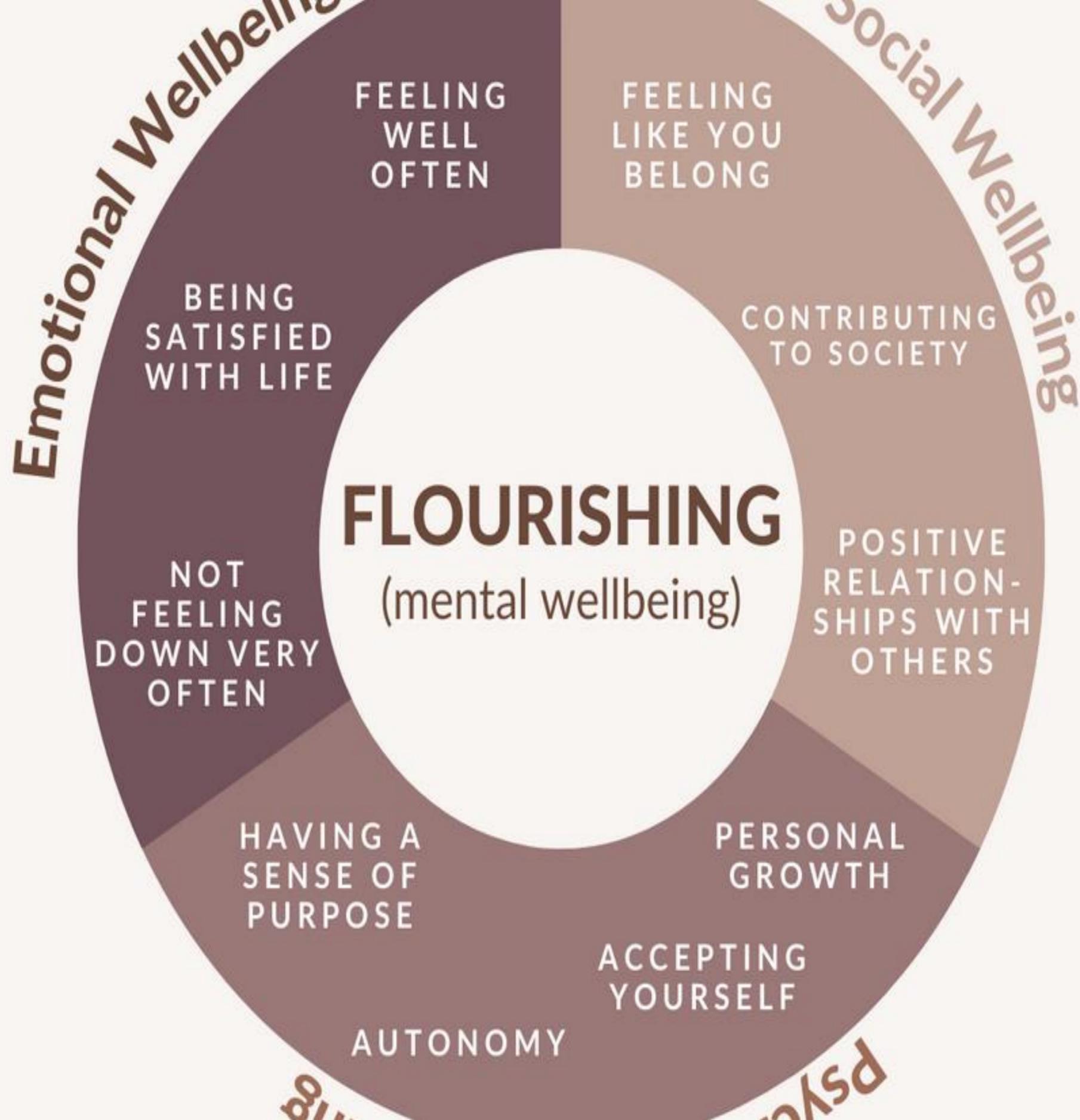
# HUMANS NEED FRIENDS





# Healthy Relationships Make *Us* Healthier







Get to know them even better.

# 21 Questions That Foster Connection



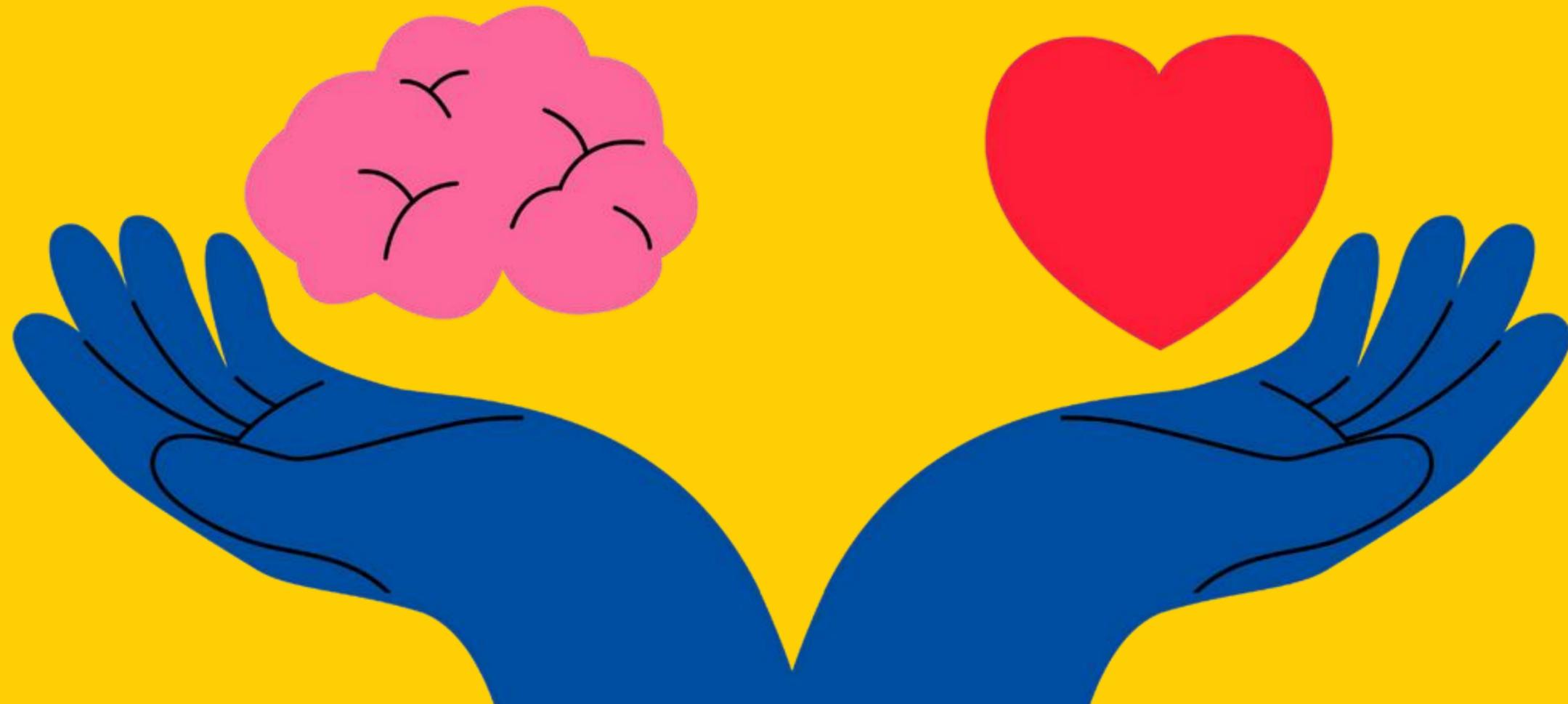
# Table Discussions

5

**Step One: Determine the person with a birthday closest to today.**

- 1. Given the choice of anyone in the world (alive or deceased), whom would you want as a dinner guest?**
- 2. What is your “jam,” i.e., the song that moves you to run to the dance floor or sing like no one is watching?**
- 3. What in your life do you feel most grateful for?**

# TRUSTING AS A SKILL



# The Erosion of Trust

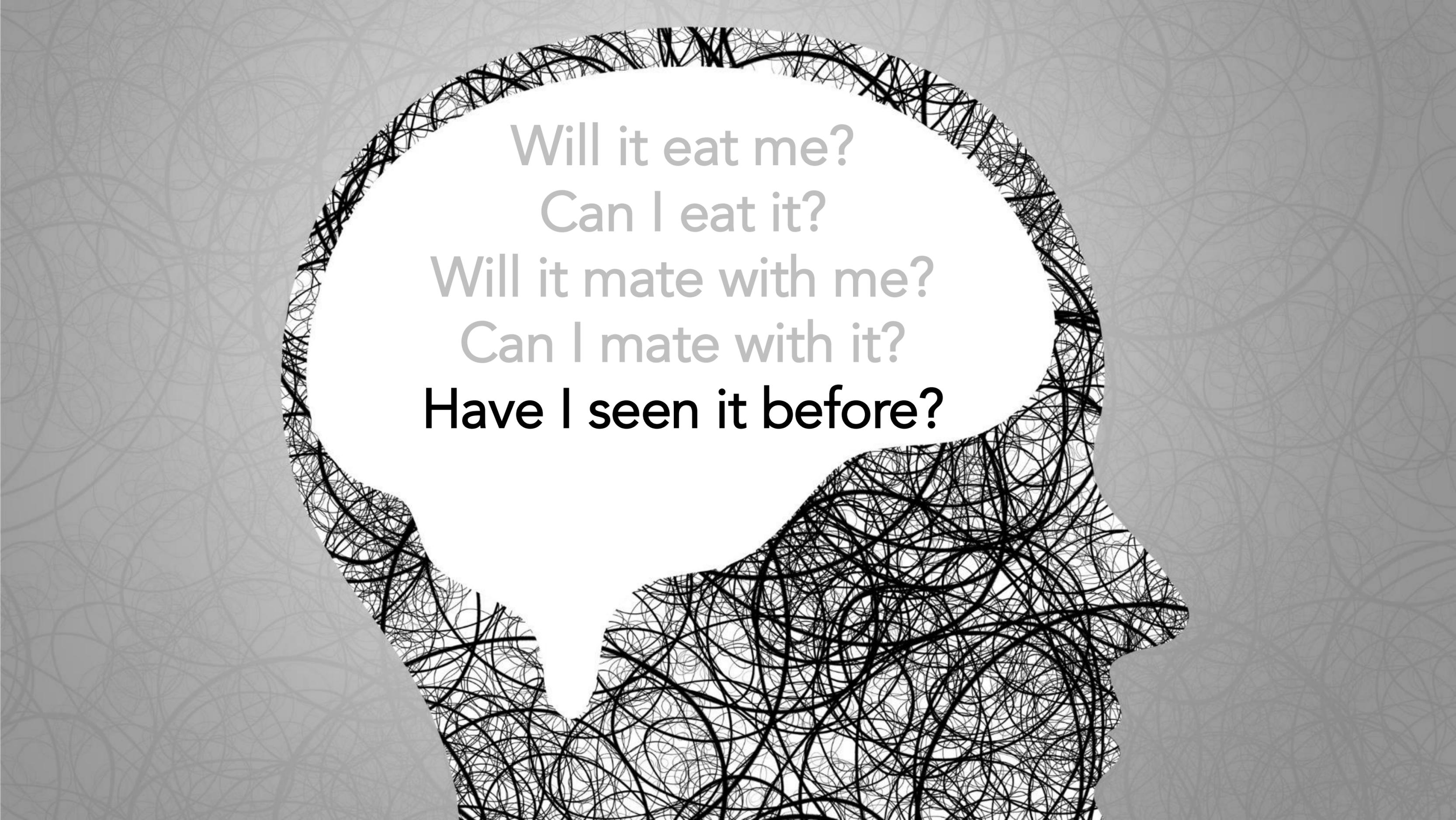


# Neuroscience 101

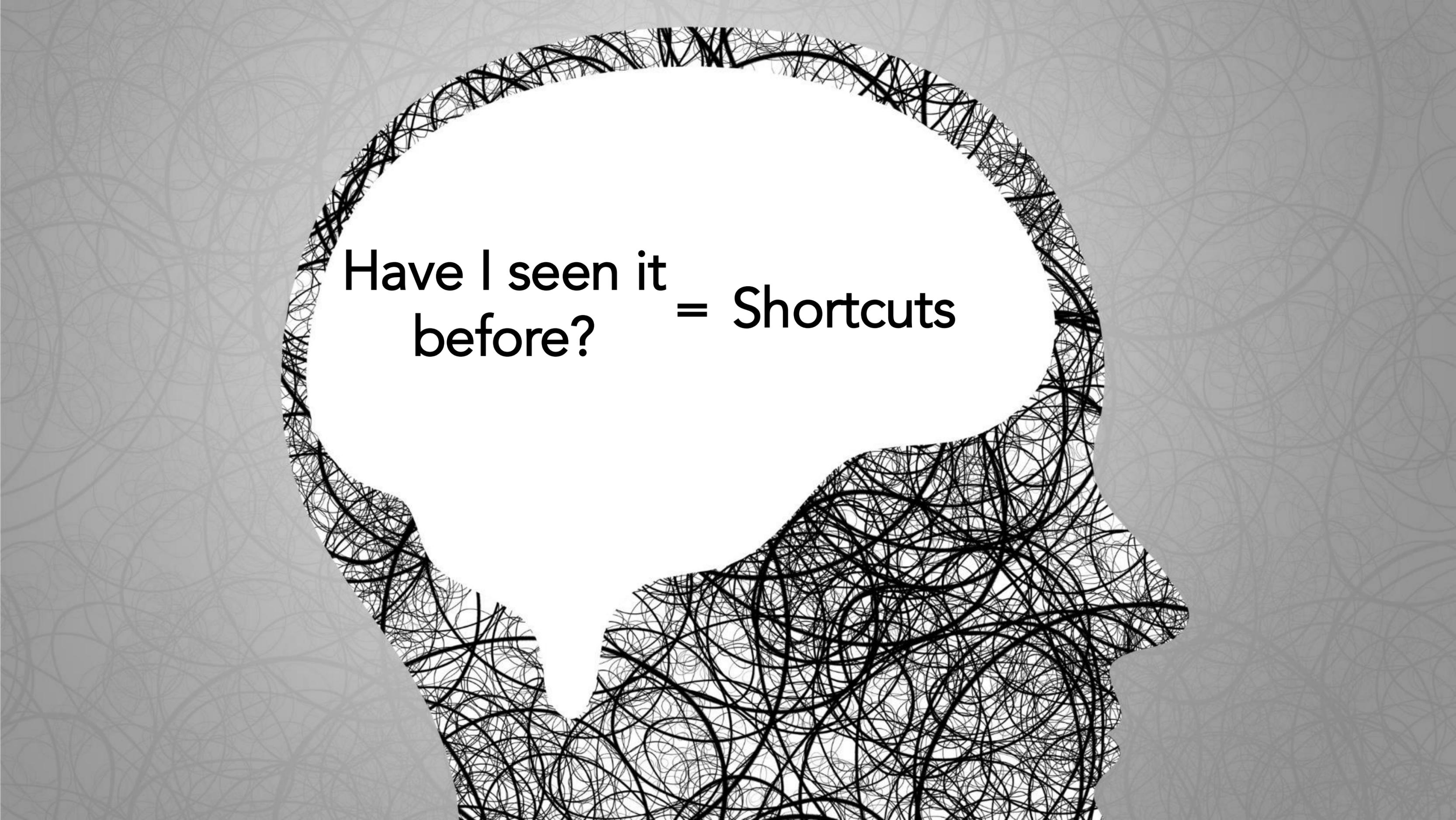


**Will it eat me?  
Can I eat it?  
Have I seen it before?  
Will it mate with me?  
Can I mate with it?**

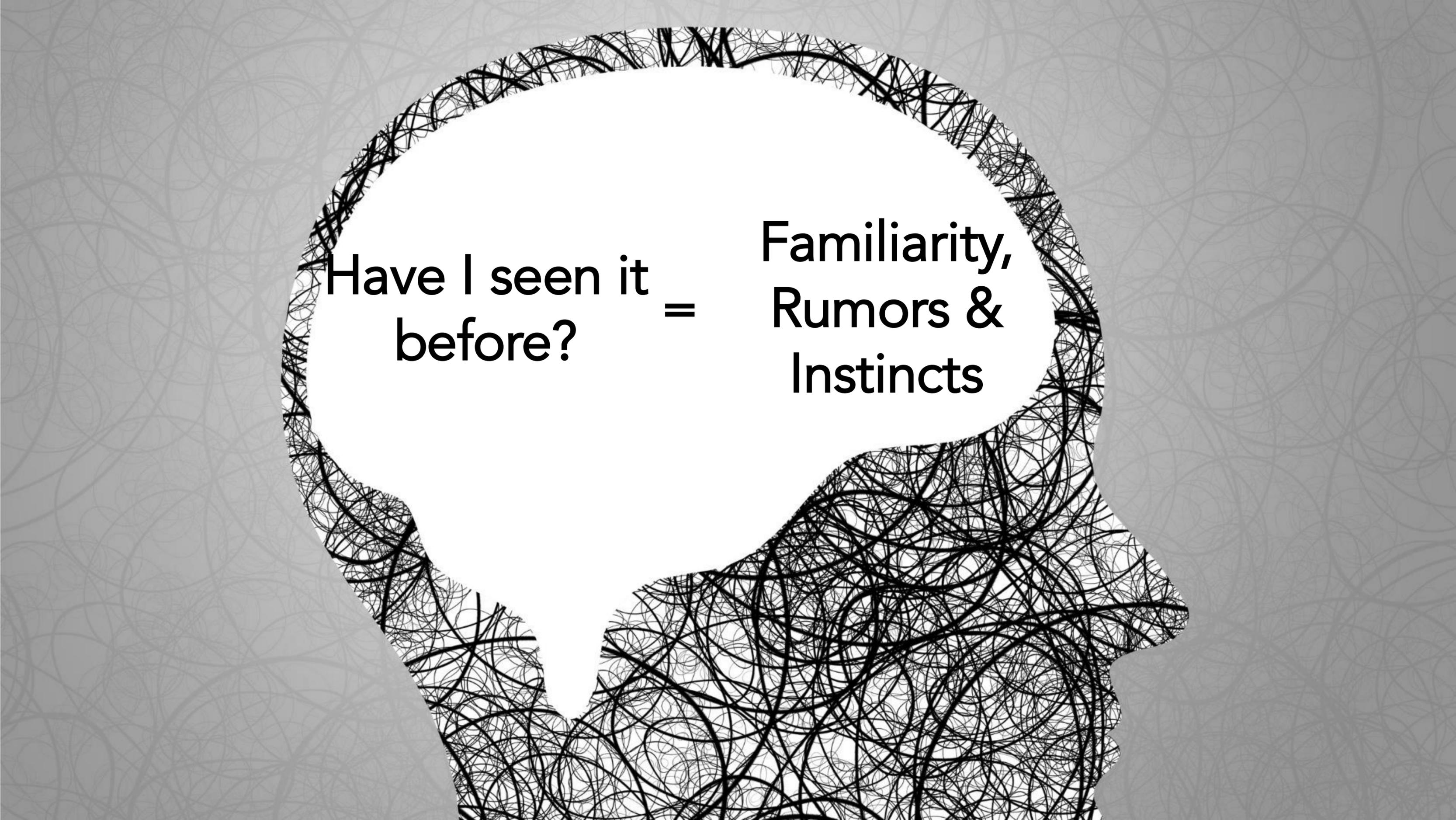




Will it eat me?  
Can I eat it?  
Will it mate with me?  
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**Have I seen it before?**



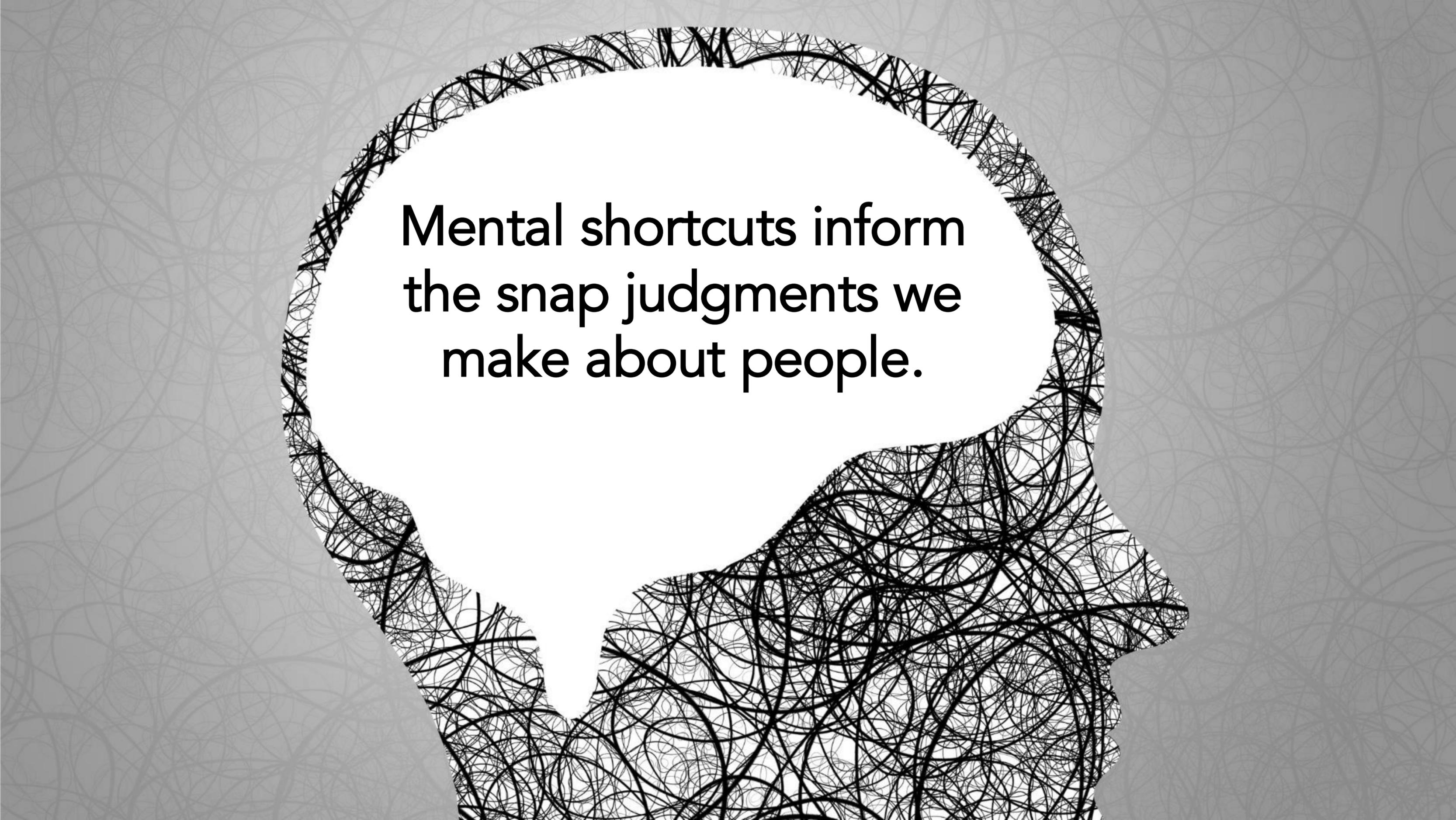
Have I seen it  
before? = Shortcuts



**Have I seen it  
before?**

**=**

**Familiarity,  
Rumors &  
Instincts**



**Mental shortcuts inform  
the snap judgments we  
make about people.**

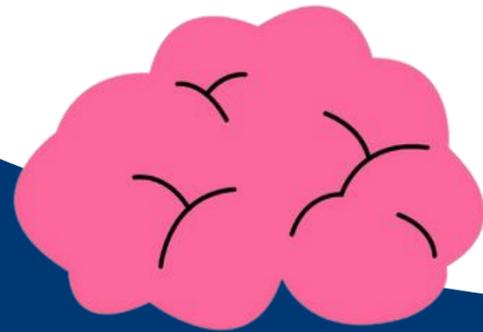


**It's easier to trust & connect with people who are more like us than those who are different.**

**Practice empathy as a skill.**

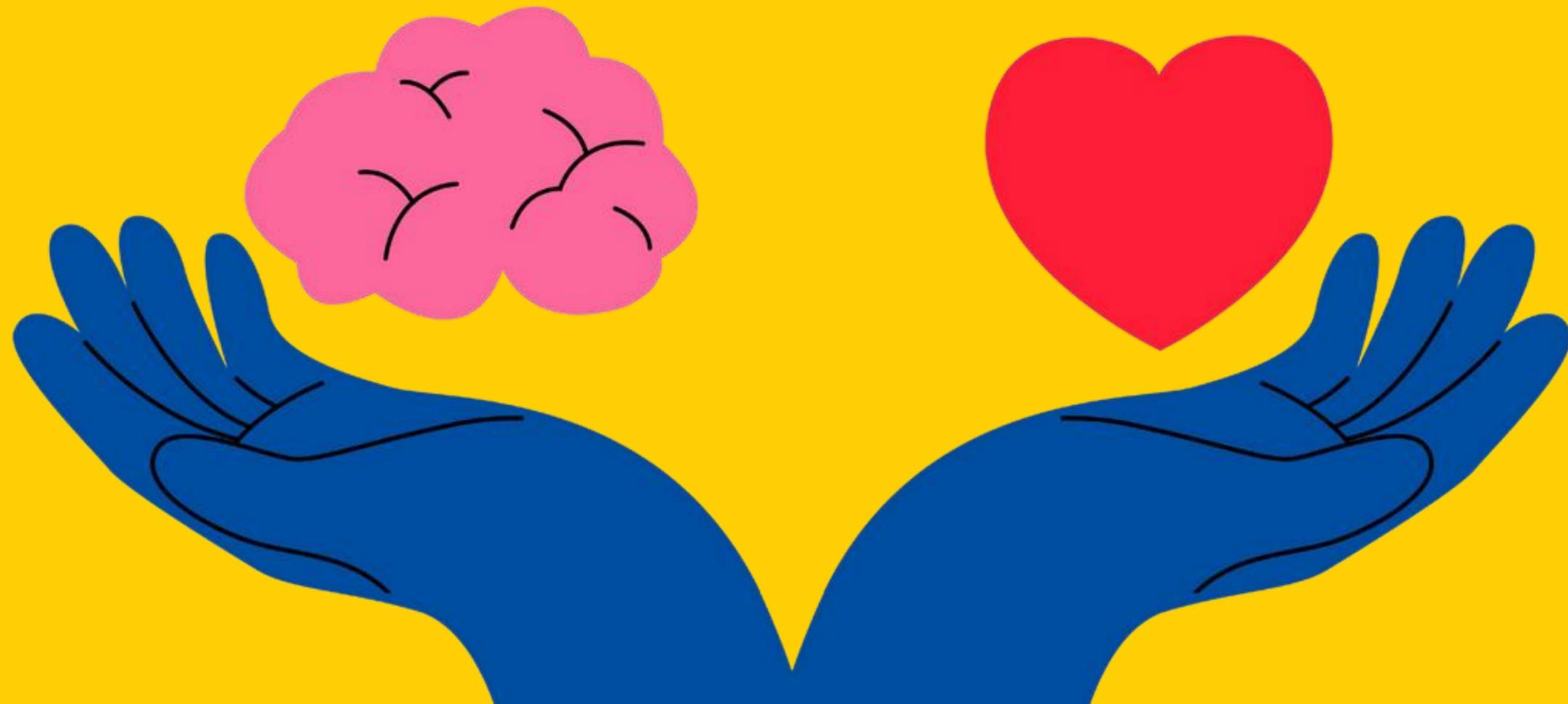


# Hack Snap Judgements



*If* you catch yourself judging someone negatively,  
*Then* ask, "Did they earn this judgment, or are other  
factors influencing my opinion?"

# WELL BEING



**Preserve Mental Clarity & Build Resilience to Stress**

BLUE SCREEN OF DEATH

A fatal exception 00AEC has occurred at 2587:C0228741 in VXD/OCX VCCIM(0010) +  
00034AE6. The current application will be terminated.

- \* Press any key to terminate the current application.
- \* Press CTRL+ALT+DEL again to restart your computer. You lose any unsaved information in all applications.

press any key to continue -



ere s

“pissed offedness”

arked



How do we recover  
from burnout?





REMEMBER  
YOU'RE *STILL*  
BADASS

# Swap Stories of Our Badassness

What is something you do or have done that  
you're proud of?

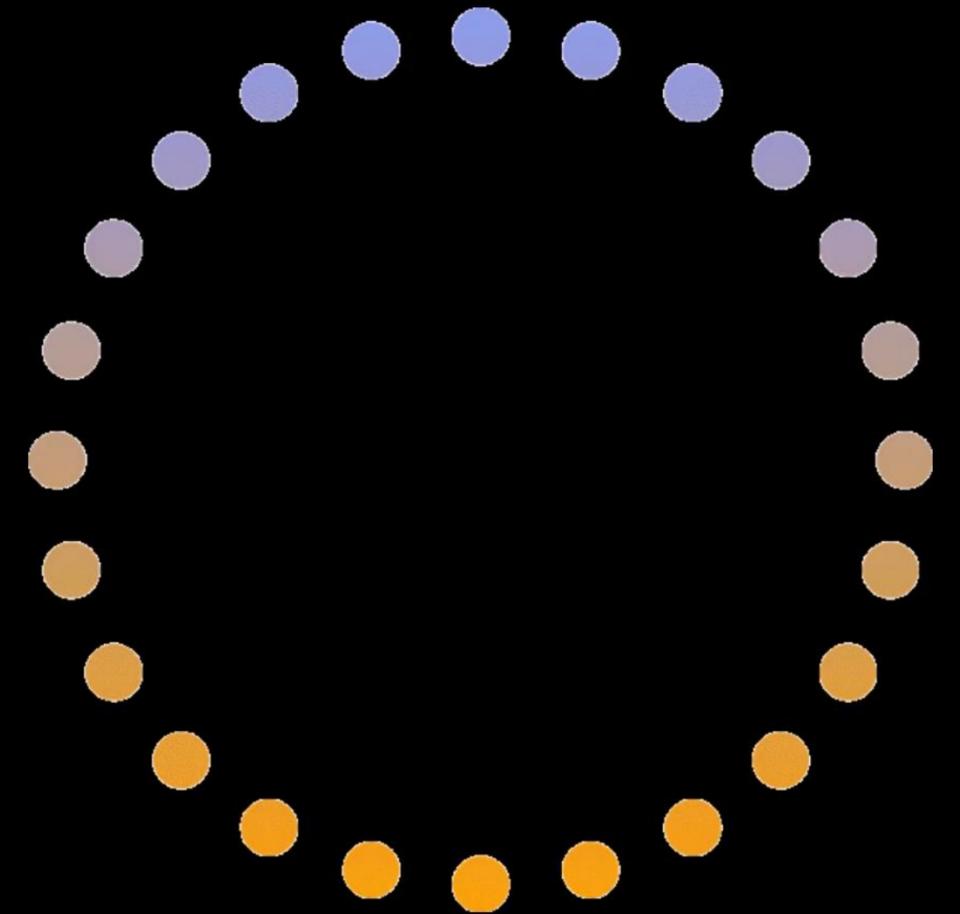
02:00

A top-down view of several hands in dark blue business suits with white cuffs, arranged in a circle. The hands are overlapping and reaching towards the center, creating a sense of unity and teamwork. The background is a bright, slightly blurred light, possibly from a window or a bright sky.

# Social Circles Shape Our Perspective

“We now live in a giant feedback loop, hearing our own thoughts about what’s right and wrong bounced back to us by the television shows we watch, the newspapers and books we read, blogs we visit, the sermons we hear, and the neighborhoods we live in.”

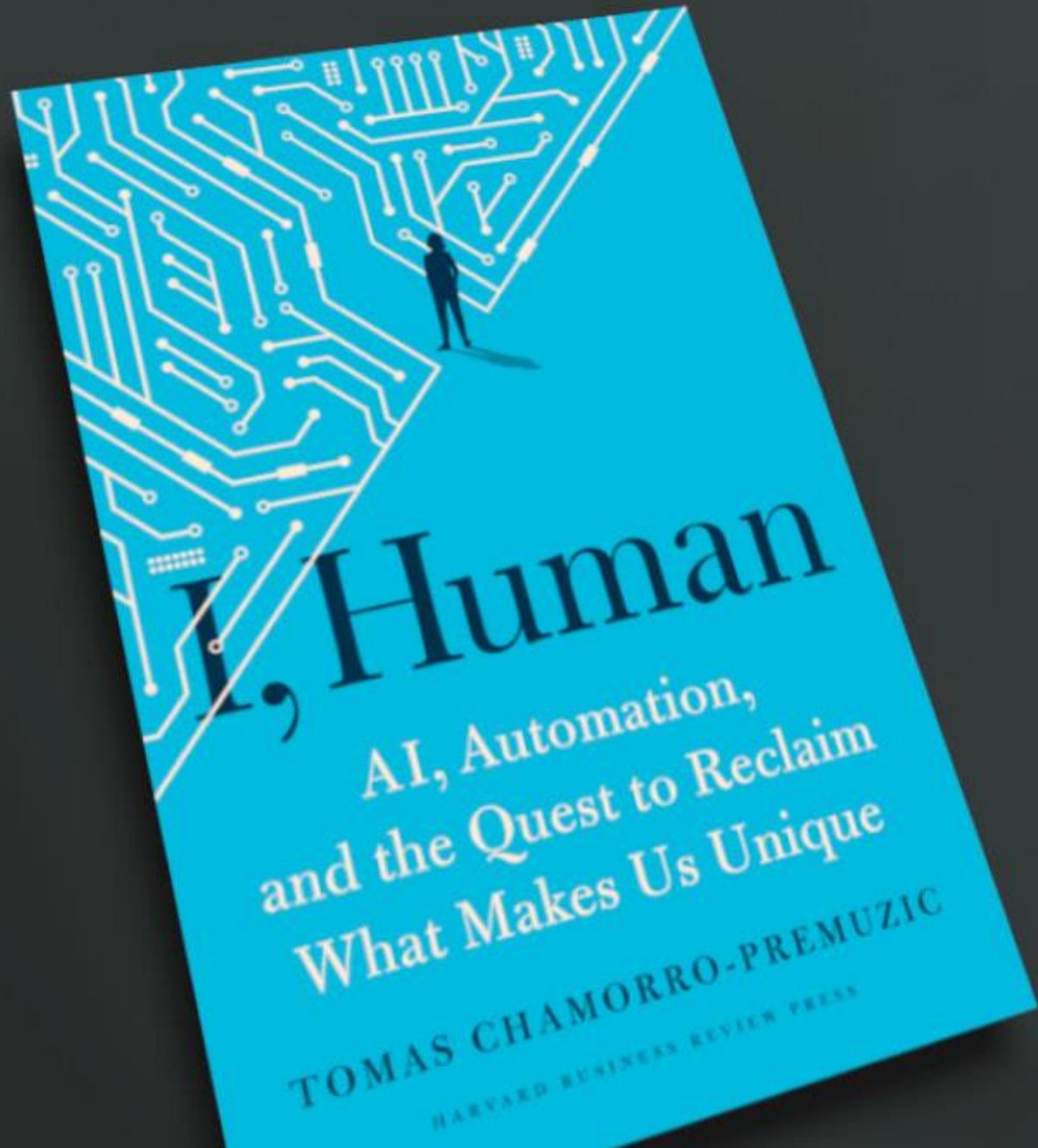
Bill Bishop, Author of The Big Sort

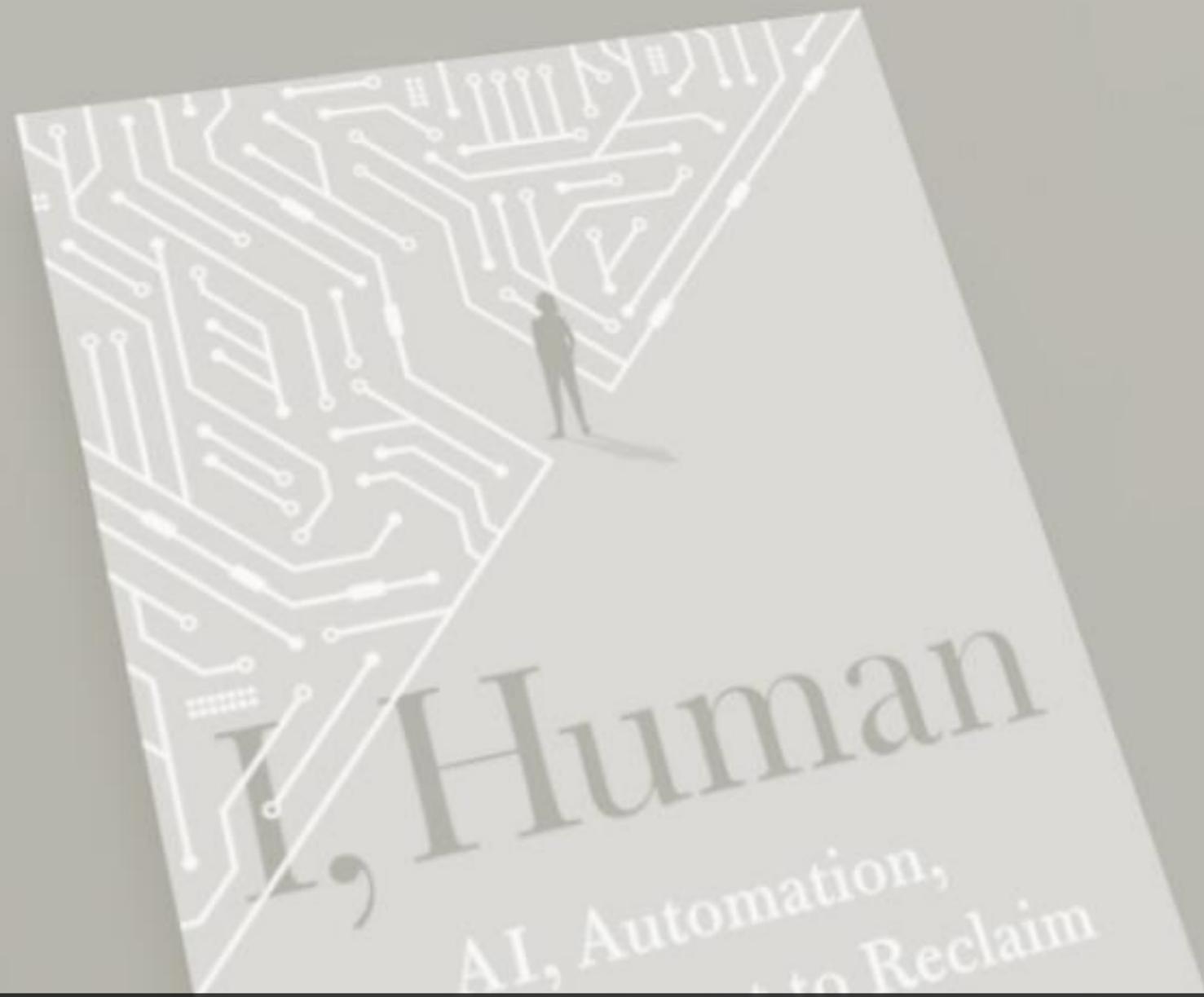




**“The biggest enemy of knowledge is not ignorance, but the illusion of knowledge.”**

**Stephen Hawking**





**“The algorithms know what we like and feed us news stories that tend to fit our established view of the world.”**



# Intellectual Humility



US  
US  
IA

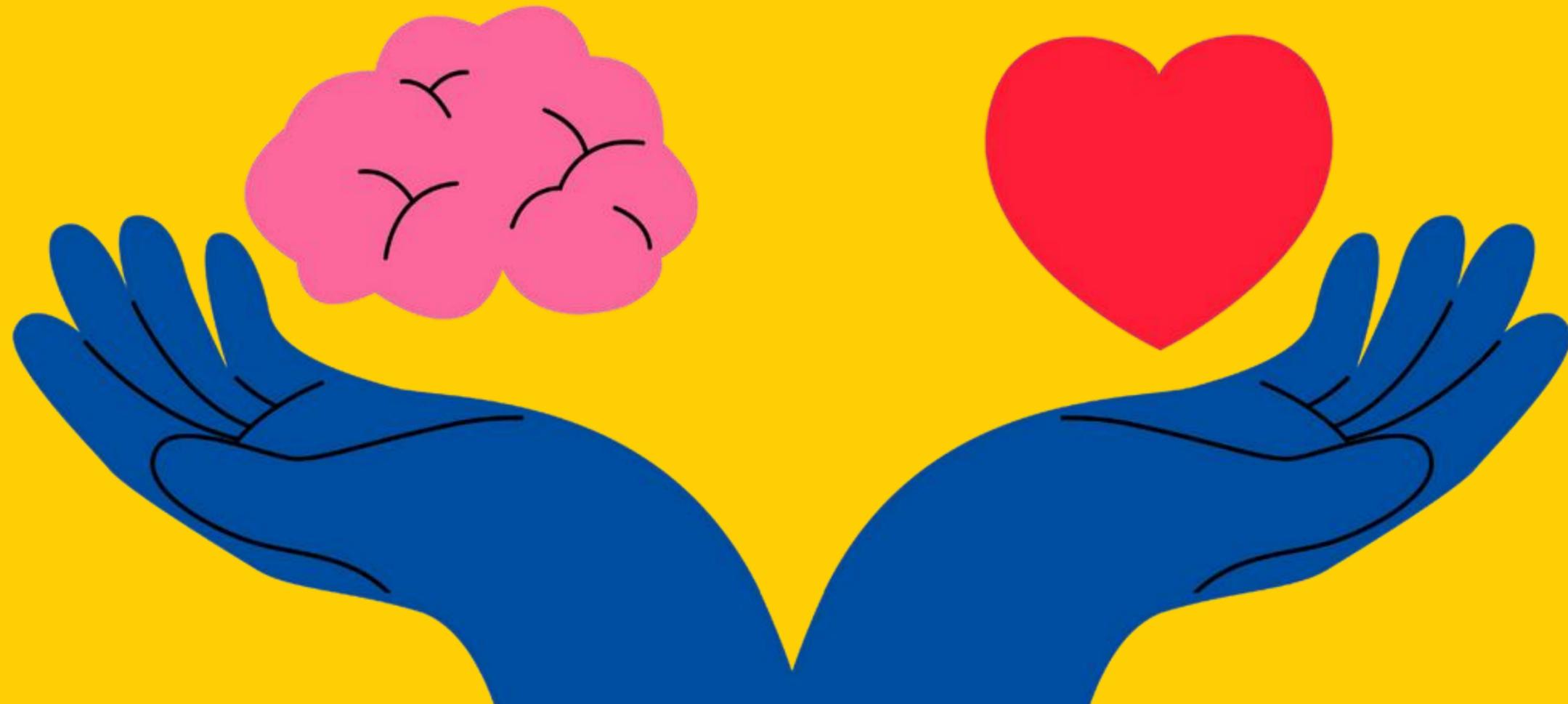
BELIEVE





**Be curious, not  
judgmental.**

# Network Better



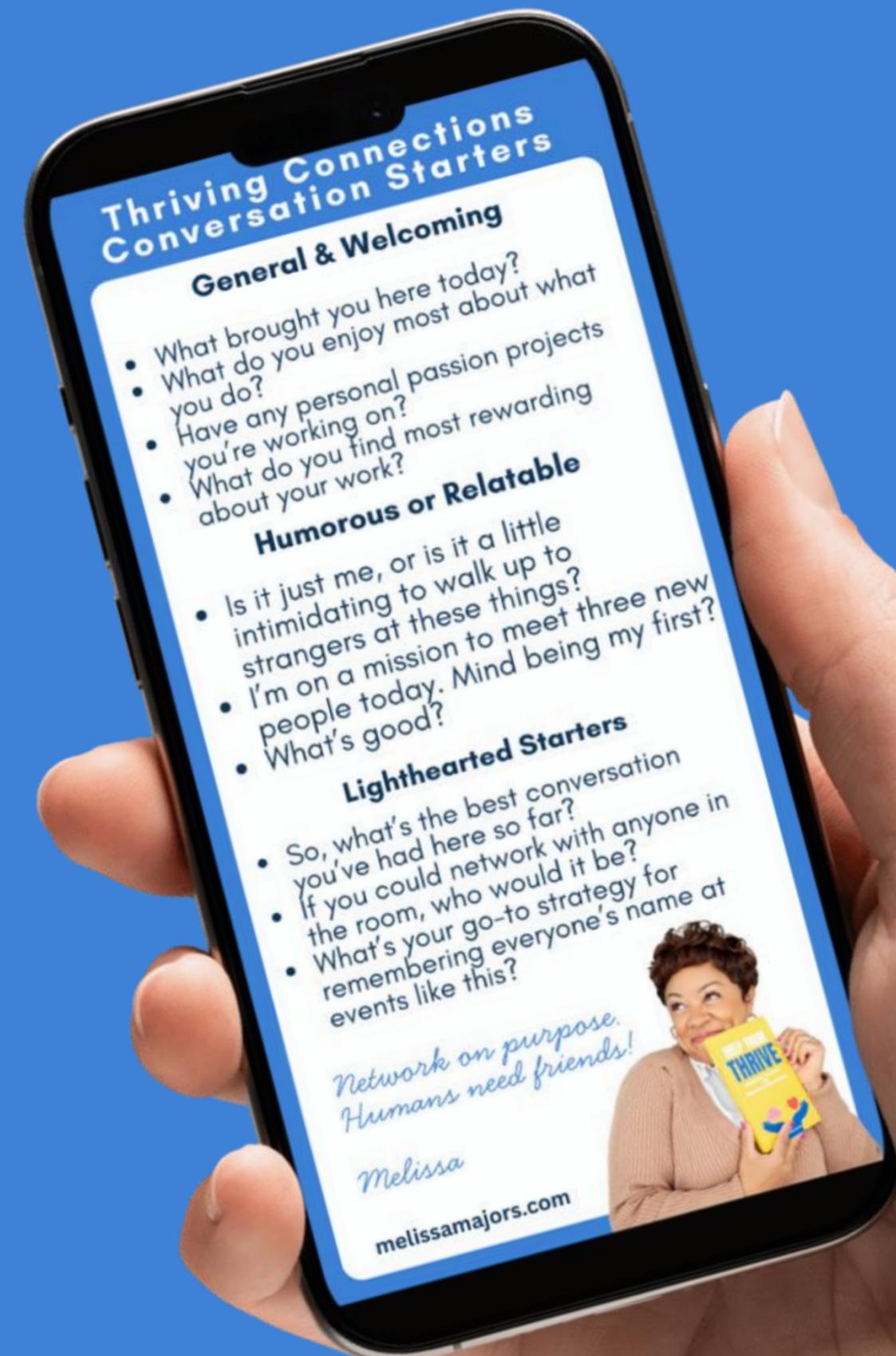


# Hack Your Pesky Emotions



# Thrive

## With Networking Conversation Starters



# DIGITAL CONTACT SHARING





**Melissa Majors**

Keynote Speaker Author Coach



# WELCOMING BODY LANGUAGE



1

3

2











**Eye Contact**

**Smile**

**Open Palms**

Hug like you mean it  to



# Changed LIVES

What is one thing that you've learned, felt, or experienced today that will likely stay with you forever?

02:00



*mm*

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Loved by audiences at:



BlueCross  
BlueShield

