

# Harnessing Chatter



**Date:** Wednesday, May 11, 2022

**Time:** 8:30 a.m. – 5:00 p.m. ET

**Location:** Michigan Ross School of Business Tauber Colloquium

## Theme:

Our annual May Member Forum provides an opportunity for members of the Positive Organizations Consortium to gather, learn together, share ideas, and renew their energy for the work of creating and sustaining thriving work communities. In this May Member Forum, we will learn from Ethan Kross, one of the world's leading experts on controlling the conscious mind and harnessing the internal chatter that we all experience. After gathering to learn from Professor Kross, we will take time to discuss the applications of Professor Kross' ideas to our own lives as leaders, and to engage in a design challenge that will offer structured opportunities to put the ideas you've gleaned from the experts to use in your own system right away. After this meeting, members will come away with tangible practices and strategies to improve your own effectiveness as a leader, manager, and team member.

## Agenda:

**8:30 – 9:00 a.m.**                      **Registration and Breakfast**

**9:00 – 9:30 a.m.**                      **Welcome and Introductions**

**9:30 – 11:30 a.m.**                      **Ethan Kross**  
**Professor of Psychology and Management & Organizations**  
**University of Michigan**

Learn from Ethan Kross, an award-winning professor and bestselling author in the University of Michigan's Psychology Department and the Ross School of Business. Professor Kross will talk about harnessing our inner voice for improved health, performance, decision-making, and relationships. In this session he will show you how the conversations you have with yourself impacts your health, performance, decisions, and relationships. He will introduce you to concrete tools to harness chatter for good.

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- 11:30 a.m. – 12:00 p.m.** U-M students introduce a journal they created based on Professor Kross' research as a takeaway for members.
- 12:00 – 1:00 p.m.** Lunch
- 1:00 – 1:45 p.m.** **Debrief from morning session:** Members will share and discuss their main takeaways from the morning session.
- 1:45 – 4:30 p.m.** **Design Challenge:** Members will spend the rest of the afternoon thinking about how we can take the tools Professor Kross shared for harnessing chatter back to our organizations by thinking how we can design organizations to minimize harmful chatter and harness chatter that strengthens our organizations. We will do this in two steps. In the first step, we are going to think about times in organizations that may lead to increased chatter. In the second step, we'll generate ideas for experiments that can create the conditions that will limit chatter and increase well-being.
- 4:30 – 5:00 p.m.** **Conclusion and Action Planning**