Energy Bus Workshop Chat Takeaways | June 2026

Community Ideas & Practical Takeaways

One of the best parts of the Energy Bus Workshop wasn't just what was shared by Amy and Julie, it was what was shared with one another.

Leaders from schools, businesses, healthcare organizations, nonprofits, sports teams, and companies around the world contributed practical ideas, personal experiences, and simple habits that are helping them build stronger teams and more positive cultures.

Below are some of the takeaways shared in the chat…

Key Themes That Emerged

1. Start with Positive Energy

Many participants shared that one of the easiest ways to improve culture is simply changing how meetings, classes, and conversations begin.

Small moments matter.

When leaders intentionally begin with positivity, appreciation, or celebration, they change the tone for everything that follows.

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2. Relationships Come Before Results

One of the strongest themes throughout the chat was the importance of truly knowing people.

Great leaders don't just manage performance—they understand people.

Many attendees emphasized:

- Learning people's stories
- Listening before solving
- Seeking understanding before making assumptions

- Looking beneath behavior to understand what may be causing it

When people feel known, they're far more likely to stay engaged and contribute positively.

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3. Catch People Doing Things Right

Positive cultures grow when people feel seen.

Many leaders shared that they intentionally:

- Reinforce positive behavior immediately
- Celebrate effort—not just outcomes
- Focus on strengths before discussing weaknesses
- Recognize progress often

Appreciation fuels engagement.

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4. Perspective Changes Everything

A recurring theme throughout the workshop was perspective.

Many attendees shared practical ways they help others shift from negative thinking toward possibility:

- Ask thoughtful questions.
- Offer a positive reframe.
- Listen first.
- Respond with curiosity instead of judgment.
- Help people see another way of looking at the situation.

As one participant put it:

> "Perspective is the key to everything personally and professionally."

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5. Positive Leadership Starts at Home

Many attendees shared that these principles don't stay at work.

They've become daily habits with spouses, children, and families through conversations about gratitude, wins, growth, and encouragement.

Leadership begins wherever people are watching us.

Practical Ideas Shared by the Community

One of the highlights of today's workshop was seeing hundreds of leaders share what is already working in their schools, organizations, businesses, teams, and homes.

Here are many of the practical ideas shared throughout the chat.

Meeting & Team Rituals

- Start every meeting by asking everyone to share one positive.
- Begin meetings with celebrations and shout-outs.
- End the week with "Highs & Lows."
- Ask everyone:
    - What's one win from this week?
    - What are you proud of?
- Start each class with a positive discussion.
- Celebrate success before discussing challenges.
- Begin the day with positive affirmations.
- Have everyone share something they're grateful for.
- End meetings by recognizing someone else's contribution.
- Make positivity part of the meeting agenda—not an afterthought.

Building Stronger Relationships

- Learn every person's story.
- Give people your time.
- Listen before trying to solve.
- Ask more questions.
- Be genuinely curious.
- Help people feel heard.
- Discover what's beneath the behavior.
- Build trust before offering correction.
- Learn people's strengths.

- Learn each person's love language.
- Meet people where they are.

Encouraging Others

- Reinforce positive behavior immediately.
- Catch people doing things right.
- Tell people specifically what they're doing well.
- Focus on strengths before weaknesses.
- Give responsibilities that match people's gifts.
- Celebrate progress—not just perfection.
- Recognize effort consistently.
- Express appreciation often.
- Encourage people before they need encouragement.

Coaching Through Negativity

- Smile first.
- Respond to negativity with kindness.
- Ask questions that change perspective.
- Offer a positive reframe.
- Seek to understand before being understood.
- Help people vent before offering advice.
- Find the pain that's driving the attitude.
- Have courageous conversations when necessary.
- Know that sometimes transformation takes time.
- Remember that while we can't control others, we always control our own energy.

Ideas for Families

- Ask your kids:
    - "What are you proud of today?"
    - "What can you do even better tomorrow?"
- Use "Rose & Thorn" conversations at dinner.
- Share daily gratitude together.
- Celebrate small wins.
- Make encouragement part of everyday conversations.

Ideas for Schools & Organizations

- Conduct an Energy Bus book study.
- Use *The Coffee Bean* with staff.
- Incorporate Energy Bus principles into teacher professional development.
- Build Energy Bus activities into onboarding.
- Create a personal mission statement.
- Help team members discover their "Why."
- Create opportunities for peer recognition.
- Build culture intentionally—not accidentally.

Final Encouragement

The Energy Bus Workshop is a reminder that building a positive culture doesn't require grand gestures.

It happens through simple, intentional actions practiced consistently:

- Encouraging one more person.
- Asking one better question.
- Celebrating one more win.
- Choosing one more positive response.

Thank you again for investing in yourself, your team, and your organization.

We hope these ideas inspire you to keep driving your bus with purpose—and helping others get on board.

SCHEDULE A WORKSHOP, KEYNOTE OR TRAINING

If you're interested in bringing these principles to your organization or team through a workshop, keynote, or leadership training we'd love to learn more about your goals and challenges.

BOOK A DISCOVERY CALL