



KOLEL YOM RISHON 11/20
LESSONS LEARNED:
THE POWER OF OPTIMISM
AND HOPE

OPTIMISM

- Self—assured didn't worry – do your hishtadlus the rest in God's hands
 - From Rabbi Simcha Feuerman: When dad was run over in 1980 and his life was bleeding out of him his first thought was to say שמע then he said to himself- who said I was going to die? Instead he said to himself the verse from adon olom
 - בידו אפקיד רוחי
 - Rosmarin on the power of bitachon in times of chaos and danger as core correlate of resilience
- Power of positive in age of negativity disrespectful attacks
- Image of Yosef bringing brothers to the pit– ברוך שעשה לי נס במקום הזה
 - Brothers thought he was going to throw them in – instead he made the brocho
 - Story of niece who said that brocho when she passed by maayan

OPTIMISM (*Arthur Brooks*)

- optimism is not without cost. Research shows that optimists are:
 - more likely than pessimists to keep gambling after losing money.
 - Optimism can be a contributing factor in car accidents, as drivers overrate their own abilities.
 - Playing down the probability of disaster can lead us astray in other situations where assessing risk is vital, like choosing a profession or selecting a mate.
 - IN CONTRAST POSITIVE INCLUDE :
 - The Leadership Quarterly showing that a positive, happy leader is judged to be 132 percent more effective than a dour, negative one.
 - Seligman study of elections
 - Compare to Rabbi Dr. Feuerman's realism along with deep belief in importance on focusing on what one has control over

HOPE

- Medrash in Vayichi לישועתך קיויתי ה'
- Breishis Raboh 98:13 *hakol bikiyvoo*
- YISURIM AND GEULAH CHANINA AND SELICHA
- THE WORD TIKVAH

Anthony Tjan

- **Put the relationship before the mentorship.** All too often, mentorship can evolve into a “check the box” procedure instead of something authentic and relationship-based. For real mentorship to succeed, there needs to be a baseline chemistry between a mentor and a mentee. Studies show that even the best-designed mentoring programs are no substitute for a genuine, intercollegial relationship between mentor and mentee. One piece of [research](#), conducted by Belle Rose Ragins, a mentoring expert and professor at the University of Wisconsin-Milwaukee, demonstrated that **unless mentees have a basic relationship with their mentors, there is no discernable difference between mentees and those *not* mentored. All this is to say that mentoring requires rapport.** At best, it propels people to break from their formal roles and titles (boss versus employee) and find common ground as people.

Rabbi Sacks quoting Melinda Gates on Morality

- A survey of moral attitudes in 60 cultures found seven basic moral rules they all had in common
 - Help your family, help your group, return favors, be brave, defer to superiors, divide resources fairly, and respect other people's property
- Asked what she wants today's adolescents to know about morality:
- *What I want to tell you is that when you look out over the arc of your life and what you want to do with your life and what you want it to stand for, the thing that you are going to feel best about in life is that you are loved by your family and friends and that you have done something to change the world for the better in some way. ... if you start now even in small ways, by little drops in the bucket, you will be amazed at how much that adds up to over the course of a lifetime*

STAND BY ME

- best leaders go beyond competency, focusing on helping to shape other people's character, values, self-awareness, empathy, and capacity for respect. They know in the long run that there is a hard truth about soft matters and that **these values-based qualities matter a lot more than skill enhancement.**
- Each time you hear a new idea, see if it is possible for you to spend **24 seconds, 24 minutes, or a day thinking about all the reasons that the idea is good before you criticize any aspect of it.** TJAN
- committed to helping others become fuller versions of who they are.
- RABBEINU TZADOK–
- Rabbi Dr. Gottlieb's defense this Thursday