

The Power of Positive Thinking

Develop a 'can-do, will-do' approach

Half Day

With the right approach, you can turn negative or self-debilitating thoughts into constructive ones that help you to maintain confidence and achieve your designated goals. This session shows you how.

Positive thinking is infectious and leads to a 'can do' attitude within an individual, a team and an organisation. The session allows the group to consider the business consequences of negative thinking and learn the methodology to develop positive practices that can be achieved in the flick of a mental switch.

Course Overview and Content

- ☛ How to identify negative thinking and behaviour habits
- ☛ Methods, models and techniques for switching negative to positive
- ☛ Thinking systems for success - planning the positive future
- ☛ Visualisation techniques to transform business situations

Who Should Attend?

This course is suitable for anyone in any function and at any level who is interested in improving their performance and productivity.

Benefits:

Increase motivation

Improve productivity

Develop new ways of thinking

Testimonials

'Very positive. I've picked up some very useful tips.'

'Of extreme value. Revisiting personal approach is enlightening and necessary.'