

OUTLINE



The Power of Positive Thinking

Overall Description:

This course is designed to help managers, supervisors, team leaders and all employees who need to improve their positive outlook on life and enhance their relationships at both personal and professional levels.

Course Objectives:

- Develop a positive perception of life and work.
- Identify and overcome the existing barriers to positive thinking.
- Learn how to expand positive thinking.
- Learn how to positively influence others.
- Reinforced positive behavior to create a more collaborative and productive workplace.
- Develop a more positive approach and manner to issues and conflict situations.
- Reframe your negative thoughts and language to those of positive thoughts/language and solution-oriented thinking.
- Develop your own personal affirmation statement.

Course Outline (Content):

How to look positive towards

- Yourself
- Other People

Building positive working relationships

Dealing with Demotivated 'Negative' People

Conflict Management Techniques

Proactive Behavior

The power of being positive

- How a positive mental attitude beats stress

Discover Your Mission

- Draft of Personal Mission Statement



OUTLINE (Cont.)

Color Your Life

How to develop and maintain a positive attitude

- Examining attitude
- The Emotional Bank Account
- Self-confidence

Using positive language

Presenting idea, facts, information, change and feedback positively

Who Should Attend?

Managers, supervisors, team leaders and all employees who need to improve their positive outlook on life and enhance their relationships at both the personal and professional levels.

Competencies Covered:

- Emotional Intelligence
- Influencing & Communication for Impact
- Adaptability
- Relationship Management

