The Power of Positive Attitude

Why Attend

- Positive attitude is infectious and leads to a 'can do' approach in individuals, teams and organizations. This course develops skills necessary for individuals to change their outlook on life and build their inner confidence at the flick of a mental switch. Participants in this interactive course will explore various techniques to get better control and have a more positive impact over their life at the professional and social levels.

Course Methodology

- The course relies on the use of several self evaluation exercises aimed at helping participants learn their preferred behavioral and communication styles. The course also features the use of a number of case studies, practical exercises and presentations by participants followed by group discussions.

Course Objectives

By the end of the course, participants will be able to:

- Examine the impact of positive attitude on personal and professional environments
- List the steps needed for improving attitude and behavior
- Apply positive psychology techniques to improve effectiveness on the job
- Identify preferred thinking patterns and filters
- Use modeling techniques to improve relationships with others

Target Audience

- Individuals who need to improve their positive outlook on life and enhance their relationships at both the personal and professional levels.

Target Competencies

- Personal commitment
- Practical thinking
- Self confidence
- Self esteem
- Examining attitude
- Building relationships

The impact of attitude

- Attitude is everything
- The origins of attitudes
- The formation of attitudes
- Adding value to your organization
- The relationship between attitude and creativity
- Intelligence versus creativity

How to change your attitude

- Typical human reactions
- The science of how we react
- The 7 steps approach to changing attitudes
- Deciding to change today
- Shifting your focus
- Being curious
- Developing an attitude of gratitude
- Deciding not to be perfect
- Believing in yourself
- Taking action
- The environment we live in
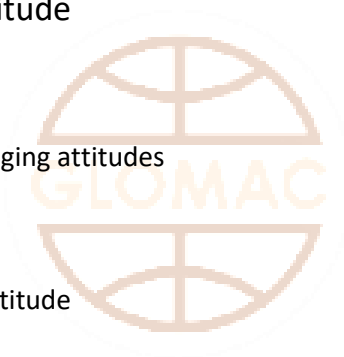
Factors affecting attitude

- Changing your thinking
- Characteristics of negative thinking
- Sources of positive energy
- Finding the right balance
- Positive psychology
- Escaping the average
- Predicting job success
- Productivity increases with happiness
- Small changes ripple outwards

Increasing personal effectiveness

- Knowing yourself
- Overview of the DiSC behavioral tool
- The 4 behavioral traits in the DiSC model
- Building rapport
- Educational representational systems
- Communicating effectively
- Communication levels and definitions
- Active versus passive listening
- Empathy as a fundamental trait
- Assertive behavior
- When to be assertive
- Components of communication behavior
- The value of feedback
- Guidelines for constructive feedback

Programming and modeling skills

- Improving self esteem
- The impact of negative thinking
- Characteristics of high self esteem people
- Using body language to influence others
- Resolving conflict
- The positive side of conflict