

Positive Thinking

Duration: 1 day

Everyone has the choice to think negatively or to think positively. This course is designed to demonstrate the major advantages of the latter and to show how to develop personal inbuilt positive mental attitudes for their own and for their organisations' benefit. This workshop will inspire you with new ways of thinking, will give you new perspectives, and will inspire new approaches to people and problems. This is a practical and inspirational day, providing participants with tools and techniques to substantially enhance their performance, results, output, credibility, health and overall well being.

“Vision without action is a daydream.....action without vision is a nightmare”. Japanese proverb

Who should attend this course?

Individuals wishing to develop the ability to think that their glass is half full and not half empty. To use positive thinking to gain personal and commercial advantages as a result.

Course Objectives

Upon completion of this course participants will be able to:

- Identify existing barriers to positive thinking
- Develop a more positive approach and manner to issues
- Regard situations in a more positive light and treat each of them as an opportunity and challenge
- Reframe your negative thoughts and language to those of positive thoughts/language and solution oriented thinking
- Understand the nature of your own positivity
- Positively influence others and their thinking
- Reduce time wastage, personal stress, and achieve more
- Optional: Use of professional actors for role plays and practical activities

Course Outline

Different Approaches and Backgrounds

- Examine the current mind sets of participants
- Recognise, discuss and identify strategies to remove obstacles to positive thinking in current working environment/ lifestyle
- Vertical, lateral, left and right brain thinking

Defining Your Own Style and Behaviour

- Defining creativity, originality, innovation, lateral thinking
- Edward de Bono's Six Thinking Hats
- How to build positive working relationships with the people around you
- Become more proactive and take control

Understanding Why People Behave Negatively

- How to introduce them to a positive world of thinking and communicating
- Workplace negativity – how it starts, how to end it

Problem Solving

- How to source the root of the problem with positivity rather than losing sight of the issue
- How to get your mind set right
- Providing practical, resourceful and positive solutions
- Focusing on what's important

Meeting Deadlines & Dealing with Stress Positively

- Thinking positively to reduce time wastage and improve results
- How a positive mental attitude beats stress

Dealing with Demotivated 'Negative' People

- How to prevent them from demotivating you
- How to radiate positivity and protect it – by building a force field around you
- Presenting idea, facts, information, change, criticism and feedback positively

Personal Development

- Developing an action plan for positivity going forwards