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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.

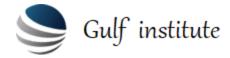
Course Objectives

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

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