

A Winning Attitude

One Day Guided Intervention

Course Description

“If you put your mind to it, you can accomplish anything!” Or so the saying goes. But what, really, does it mean? There are specific skills for “putting your mind to it”, and those have to do with self persuasion, self motivation, and bringing a positive approach to new situations. Some readily see the cup half full and others need to train themselves on the methods and tools of positive thinking in order to see it that way. This course will help you understand what triggers negativity and learn how to react to those situations with confidence and optimism instead of feeling under attack.

In this course, we will focus on three aspects of positive thinking and apply them to develop a unique action plan for bringing a positive attitude to bear on any situation. First, we will help you recognize your talents, accomplishments, and overall value to your organization, so you can build on your strengths. Next, you will learn about the typical situations where negativity naturally creeps in and discover if you are prone to negative behaviors. We will also explore the biochemistry of the body that can set up a downward spiral if we don't self-correct. Third, we will learn and practice some of the tried and true strategies to turn a negative attitude around. Finally, you will develop an action plan for increasing positivity using self-motivation, self persuasion, increased confidence and other tools discussed in class.

Course Outcomes

- Create a plan for moving reactivity to pro-activity so as to replace your instinctive negative reaction with a thoughtful response based on positive thinking
- Stay continuously positive, even during difficult times
- Recognize individual personal attributes and talents which help you become more effective and create added value for your organization
- Identify the triggers that create defensiveness or negativity
- Use the “magic words” that turn a personal attack into a partnership that seeks a solution, not confrontation
- Manage your environment using self persuasion so that negative people do not bring you down
- Understand your body's physiological reactions when you feel attacked in order to change the biochemistry of the body and regain a positive approach
- Develop an action plan to increase confidence, self-motivation, and positive thinking which lead to an upbeat, healthy, and joyful quality of life

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Course Content

- 1. Introduction: What Brings Us Down**
 - Case Study: The impact of our surroundings
 - Why we let things “get to us”
- 2. Focusing on the Positive**
 - Accomplishments exercise
 - Translating strengths, talents and value into positive thinking
 - Exercise: Switching to “Now Focus”
 - Case Study: Playing with Words (a terrific tools for thinking positively)
- 3. Understanding Positive and Negative Thinking**
 - Case Study: Triggers that cause negativity or defensiveness
 - Understanding biochemical reactions in our body
 - Defeating adrenaline, cortisol, and other chemicals that try to bring us down
 - Eight strategies for regaining a positive attitude
 - Exercise: Five minute self-meditation
- 4. Proactive Positive Thinking**
 - Understanding our body’s reactive, adaptive, and proactive responses to the external environment
 - Case Study: Moving our approach from reactive to proactive
 - Tips to remain positive, in proactive mode, continuously
 - Using self-motivation to keep us upbeat continuously
 - Video – The Humor Perspective: A lifestyle of positive thinking
- 5. Action plan: Making positive thinking a reactive and proactive way of life**

Target Audience

All who wish to accelerate their personal growth and business success by harnessing the power of positive attitude.

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