



Change Your Thinking

A great thinker can become a great asset to a business or organisation. Every day you come across problems and issues that affect the performance of your job. Learning more about how to look at problems and ideas will help you to discover new opportunities and come up with solutions you may have never had thought of before. This “Change Your Thinking” Session is designed to create new ways of finding solutions and looking outside the box. We discuss the 6 different thinking hats and also how emotion can change our thinking ability.

Course Overview

This session will help create new minded individuals with a powerful ability to learn quicker, think differently and create better outcomes to solve daily issues or problems. This session can be modified to suit creative thinking for meetings and teamwork brainstorming. If you would like to create high performance individuals or become better at the thinking process this session will provide skills and tools to assist.

This one-day course will help you teach participants:

- Learn that emotion that you're experiencing will create a different outlook
- How you can use Problem-Solving Mode
- Becoming more creative and passionate
- How to become more resilient

Emotional States

Learn ways to look at things differently by changing your emotional state. The emotion that you're experiencing will create a different outlook and help with another perception. With the difference perspectives then you can find more resources and ideas.

The Problem-Solving Model

There's a problem solving version that we discuss with participants. Learning more about the Problem-Solving Model and how you can use the system to have the ability to fix issues more effectively.

Edward DeBono's 6 distinct Thinking Hats

In many businesses today, the usage of DeBono's 6 thinking hats is broadly utilized. Perfect for meetings, different viewpoints, and helping teams to become more valuable in a wider information gathering.

Creativity and Passion Development

Find out how fire and imagination are two characteristics that will aid in brand new idea creation, positive thinking and motivation/action. Becoming more creative and passionate towards work or subjects can enable you to become more resourceful to produce new thoughts and systems.

Reprogramming through Self Talk

Our trainer will help the participants to find out more about the systems developed to reprogram behaviour to become more resilient, more inspired and create a mindset that will enable creative thinking.

NLP Techniques

Added NLP Neuro Linguistic Programming techniques to allow a high-performance mindset and results driven prognosis.

Wrap up

To end the session, your team will be given a chance to ask questions and complete an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725