



## Positivity Training

Having a mindset is truly wonderful! Positive thinking has the power to uplift those, around you spreading energy wherever you go. On the side negativity can bring about unhappiness. Make it more challenging to pursue your passions. Embracing positivity can lead to increased happiness, better health and enhanced productivity. When interacting with customers maintaining an attitude is essential. It not makes them happier. Also encourages repeat business. Positivity training helps individuals maintain a mindset by making thinking a daily practice. Regardless of whether optimism comes to you or not.

This comprehensive one-day training course aims to instill the habit of thinking in your life. It will guide you in embracing the aspects of life and teach you how to greet each morning with a smile and an optimistic outlook, for the day

## **Course Overview**

In the beginning of the session, we will take some time to get acquainted with all the participants and have a discussion, about what will be covered in this workshop. Additionally, participants will have an opportunity to identify their personal learning goals.

### **During this workshop we aim to help you teach participants;**

- Gain insights into behavior. Develop a different mindset.
- Recognize negative thinking. Learn strategies to detect them.
- Break from unhelpful cycles of negative thoughts.
- Boost self-confidence. Enhance self-esteem.
- Foster interactions with every customer.
- Reprogram your mind for positive thinking.
- Lead a happier and more fulfilling life through positive thoughts and actions.
- Shift from a negative mindset to a positive one effectively.
- Understand the power of positive thinking, goal setting and adopting success-oriented attitudes while also learning how to apply them practically.
- Utilize positive thinking coaching techniques to guide others towards more empowering outcomes.

### **Introduction to Positive Thinking**

Initially we will delve into the science behind thinking. Exploring studies and research that have demonstrated its effectiveness for individuals as well, as organizations.

### **Neuro Linguistic Programming - A tool for guiding and fostering thinking.**

Next participants will have the opportunity to recognize the outcomes of NLP and understand the power and benefits of empowering beliefs.

### **Acknowledging your strengths**

During this session participants will learn how to use language that highlights their strengths when describing themselves.

**Contrasting negative thoughts**

In this session participants will gain knowledge on how to transform thoughts into positive ones and genuinely believe in them.

**Exploring psychology**

This session will delve into the significance of psychology. Explore the origins of negative self-evaluation. It will also touch upon mindfulness and humor.

**Personal growth**

Lastly participants will discover how to create a plan of action, for embracing positivity in their lives going forward.

**Wrapping up the workshop**

Towards the end of the day participants will have an opportunity to ask questions and complete an action plan.

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