

## Power of Positive Thinking

### Objectives

Knowing how to confidently structure and deliver yourself so as to feel confident as an inspirational, talented and results getting deliverer.

### What is it about and what will it do?

A 1 day workshop that gives the tools and tactics needed to positively change the ways that people see themselves, present themselves and allow others to treat them.

### Who is it for?

New and existing team members, leaders / managers, who want to develop excellence in tackling inner obstacles that can get in the way of personal and professional success.

### Outline content

- The power of self-awareness
- Assertive in approach and action
- Taking responsibility for yourself
- Accepting yourself and your power to deliver
- Managing emotions
- The power of visualisation
- Setting and achieving goals
- Communicating with confidence
- When things go wrong ....
- Personal action planning and evaluation throughout

