



Harnessing the Power of Positive Thinking

2½ hour Delivery Format

Overview:

Research suggests that the average human being has somewhere between 35,000 and 50,000 thoughts each day. Every time one of these thoughts takes place, chemicals are produced in the brain that can trigger reactions felt throughout the body. As such, there is a strong correlation between what we think and how we feel, both physically and emotionally. At another level, our thoughts and related self-talk particularly during times of change, define how we see the world around us and ultimately influence our behavior. Not surprisingly, our mind-set has a significant impact on the choices we make relative to our attitude and related happiness. When we choose a positive mind-set, our performance and overall capacity to be successful on nearly every level improves. In this highly interactive workshop, participants explore a wide range of proven techniques for being able to harness the power of positive thinking both in and out of work. Additionally, the program provides a meaningful framework for self-reflection and exploration.

Core Contents:

- Dispelling the positive thinking / learned optimism myth
- Exploring the thought / behavior correlation
- Navigating the Attitude - Choice Cycle
- Understanding workplace behavioral norms and their corresponding impact
- Viewing change an opportunity
- Challenging cognitive distortion *a.k.a.* negative self-talk
- Developing positive habits
- Taking the 21-day challenge

Learning Objectives:

- Create a context for challenging assumptions
- Examine the link between thoughts, behavior and reputation
- Explore the critical drivers of attitude and influence
- Create a baseline for understanding workplace behaviors and their implications
- Establish a framework for discovering the upside of change
- Build awareness of self-limiting beliefs
- Expand range of options for choosing the optimal attitude
- Develop a game plan for applying workshop insights