



for more information call
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BACK **Personal Effectiveness**

Changing Limiting Beliefs & Perspectives

Attitudes play a significant part in how each individual performs and behaves. Gaining a better understanding of the impact and power of attitudes can significantly improve the performance of every individual.

Benefits

This course is designed as an interactive and engaging exploration of how attitudes shape individuals and influence outcomes. By attending this course participants will:

- Understand how attitudes can shape and influence outcomes
- Develop and practice techniques that will increase the individual's resourcefulness
- Gain an appreciation of how language and attitudes can be used to achieve desired results

Content

Delegates will establish a common understanding of the terminology of attitudes, beliefs and mindsets. They will explore areas of their own attitudes using a structured approach.

The Five Step model will be demonstrated and each participant will get an opportunity to work through any potentially limiting mindset previously identified.

The origins and background of Neuro Linguistic Programming (NLP) will be discussed and an overview of several core NLP techniques will be provided.

The course will focus on how these tools and techniques can be used to achieve tangible benefits in the workplace.

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