

2 – DAY GROWTH MINDSET AND FOCUSED THINKING HABITS



Introduction

“A positive thinker does not refuse to recognize the negative; he refuses to dwell on it. Positive thinking is a form of thought which habitually looks for the best results from the worst conditions.”

– Norman Vincent Peale –

Whether we like it or not, a big part of what we do in life is governed by habits. Even more importantly, habits can lead us to think and feel in certain patterns. Since habits are so powerful, it's worth paying attention to the ones that are most effective.

You can change your habits, and as a result, change your life. The key is within your mind. You can eliminate unwanted and unhealthy habits, make a difference in your life and become happier, more satisfied and more successful than you have ever been.

This Positive Mindset and Focused Thinking Habits program will give participants methods, tips, techniques and tools for inculcating a mental attitude that will make them feel more self-driven and mentally resilient in their pursuit towards their aspirations and positive well-being, and be more able in addressing challenging and stressful situations.

Course Objectives

By the end of this course, you will be able to:

- Tweak their choice of words to influence their psyche.
- Inculcate the habits to develop a positive and optimistic mindset.
- Develop effective thinking patterns for a more desired outcome.
- Know the components of good mental health.
- Assess their resiliency and have concrete ways to improve it.
- Have a change in perspective to endure difficult times.
- Use techniques for mind-body relaxation and have a better understanding of stress.

Methodology

- Theories & models
- Post test, review & recap
- Group exercise & discussion
- Workbook
- Q&A
- Videos
- Role play

Who Should Attend?®

- This programme is open to everybody

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Course Outline

MODULE 1: WINDOW TO THE WORLD

- Language That Empowers
- Perspectives: Ineffective vs. Effective Paradigms
- Life Orientation Self-Assessment
- Rewiring the Brain to Think More Positively and Optimistically
- The 2 Components Underlying Happiness and Ways to Increase It
- Circles of Concern and Influence

MODULE 2: PRIORITIES AND ALIGNMENT

- The Glass Jar: Stones and Pebbles
- The Urgent/Important Matrix
- 9 Ways to Overcome Procrastination
- Finding Your Personal Values and Aligning Them with Your Goals
- Knowing Your Organizational Vision, Mission, and Goals
- Aligning for Success
- Overall Wellbeing: The Wheel of Life

MODULE 3: MENTAL HEALTH MADE EASY FOR YOU

- The 4 Abilities that Characterises Good Mental Health
- Providing Support: The Do's and Don'ts
- Mind the Gap: Self-Sabotage to Self-Control
- BioPsychoSocio: A Three-Pronged Approach
- Hot Water and The Drowning Climber: Lessons in Resilience

MODULE 4: INNER CONTROL

- The Basics: A Healthier Outlook
- How Stressed Are You? Let's Find Out
- The Triple-A Approach
- Deep Breathing and Mindfulness: A Practical Guide
- Mind-Body Relaxation Techniques with Hanna
- Lessons in Emotional Intelligence

MODULE 5: WRAPPING UP

- Learning Points and Key Takeaways
- Post-Test
- Commitment Pledge, Action Plan and Evaluations

