

Course Overview:

Positive thinking is about consciously selecting good thoughts and banishing any tendency to dwell on negative things . It is about choosing who you want to be and how you will live your life – adopting a positive and gratefulmind-set ahead of a negative andcomplaining outlook

Course Objective:

- identify the skills and attitudes involved in helping staff to solve their own problems
- recognise the value of using counselling skills in the workplace
- benefit from practical sessions in small groups
- discuss the difference between counselling and other forms of support, guidance and development
- understand your preferred counselling style
- make best use of body language, listening and oral communication

Course Outline:

- How to identify negative thinking and common negative thought patterns.
- The link between thinking and actions.
- Understand the impact that negative thinking has on business performance.
- The role of the language we use.
- Methods, models and techniques for switching negative to positive.
- Thinking systems for success – planning the positive future.
- Visualisation techniques to transform business situations.

Who Should Attend:

Individuals who need to improve their positive thinking on life and enhance their relationships at both the personal and professional levels.

Training Language:

EN / AR

Training Methodology:

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation

Venue | Date | Fees

Khobar | 05-11-2023 | 10,350 SAR
ONLINE | 05-11-2023 | 7,475 SAR
Riyadh | 12-11-2023 | 10,350 SAR
Khobar | 03-12-2023 | 10,350 SAR
ONLINE | 03-12-2023 | 7,475 SAR