

# The Power of Positive Thinking

Develop a 'can-do, will-do' approach

## Overview of course content

- How to identify negative thinking and behavioural habits
- Methods, models and techniques for switching negative thoughts to positive ones
- Thinking systems for success - planning a positive future
- Visualisation techniques to transform business situations

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*Motivating, energising, great to apply the approaches to practical examples.*

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## A brief history...

*Negativity is infectious and damaging to businesses. Fortunately positivity is also infectious and leads to a 'can do' attitude within an individual, a team and an organisation. This course was designed to provide attendees with an understanding of the consequences of negative thinking and to arm them with a range of practical approaches and strategies to turn negative thinking into positive.*

½ day in-house programme

## Key benefits

Develop a positive mindset and attitude, never giving up easily

Business - remain motivated and get more done

Personal - attract great relationships and people in your life; become more motivated, inspired, energetic and confident

Inspire others



## Duration and format

Half day course which is run in-house and can be tailored to specific needs. It can also be combined with other courses for particular purposes.

## Who is this course for?

Anyone who needs to maintain and help others maintain a positive outlook even when considerable challenges are affecting people.

Anyone who sometimes (or frequently) needs:

- Improve personal effectiveness.
- Boost confidence.
- Build a positive working culture.
- View things from a more positive angle.
- Establish more control and balance in their life.

# The Power of Positive Thinking

## What's it all about?

Positive thinking is beneficial in both business and personal lives. It's infectious and leads to a 'can do' attitude within an individual, a team and an organisation.

This session allows the group to consider the business consequences of negative thinking and learn the methodology to develop positive practices that can be achieved by the flick of a mental switch.

## Why *The Power of Positive Thinking*?

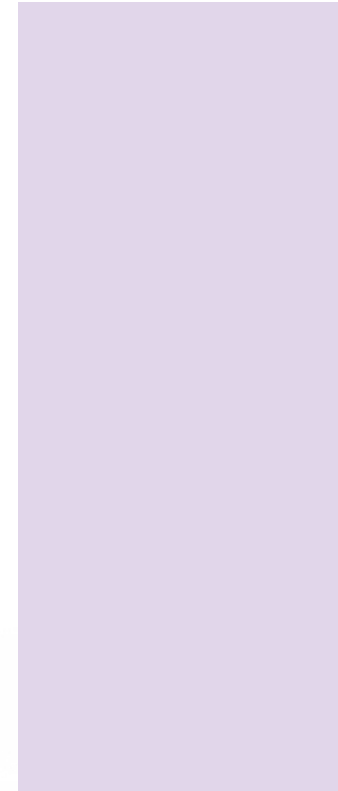
### For the organisation:

- Highly motivated and committed employees.
- An outstanding quality of work.
- Increased productivity throughout the organisation because of infectious positivity.

### For the individual:

- Less stress.
- Improved confidence.
- Better coping and managing skills.
- Improved well being and health.
- Enhanced energy levels.

## How do we do it?



### Negative thinking

Look at the different forms of negative thinking and thought patterns and identify these in you.

### The consequences of negative thinking

Understand how this type of thinking can affect your life and your well-being. Think about how your life would be different if you thought more positively more often.

### Reframing negative to positive

Learn how you can change negative thoughts into positive ones.

### The physiology of thinking

Discover what factors affect your thinking and how you can change the patterns.

### Checking rational expectations

Look at how expectations can affect the way you think.

### Transforming negative into positive

Learn about some models to help you change the way you think and create a perfect, positive state, including changing your language and the way you act.

### Learning optimism

Understand how to be more optimistic.

### Actioning positives in your life

Create a plan for the future, to think and act more positively.

## The Power of Positive Thinking

### Continue and refresh your learning even after the course...

...all attendees on this course receive FREE access to the exclusive post course learning area of the Illumine website. This includes:

**Guide to learning** - Hints, tips, tests and further reading to help you to use the time you spend learning as effectively as possible..

### How can I take this programme?

**In-house courses** - suitable for organisations that want to develop teams or groups of individuals from across the organisation. Programmes can be geared towards your organisation or industry sector with relevant activities, examples and case studies.

Discuss your needs with an account manager on **01753 866633** or email [inhouse@illumine.co.uk](mailto:inhouse@illumine.co.uk).

### Related Courses

The Balancing Act	This course helps people to develop a good work/life balance
Passionate Leadership	How to lead with passion and for passion
Employee Engagement	Creating and sustaining passion in our workplace

### Continuous Development

CPD recognition is awarded on both public workshops and in-house courses, being dependent on the number of hours spent learning. On request Illumine will provide a certificate of attendance for you to use as evidence and attach to your record card.

### About Illumine

Illumine Training provides management and personal skills development, focused on developing *better brains for better business*.

The range of courses and workshops is split into five business critical areas and are delivered through:

**Public Workshops** - 1 and 2 day workshops

**In-house Courses** - Specifically for teams or groups from within an organisation, tailoring as necessary.

**FIT Sessions** - In-house bite-size (90 minute) learning sessions designed by Illumine to maximise learning in the minimum time possible.

**Other Options** - Facilitation, Coaching, Away-days and Speakers.