



THINKING ON YOUR TOES

"The mind is everything. What you think you become." - Buddha

This course will explore different thinking styles and how to use them to become a more successful leader and problem solver. We'll examine creative, critical, logical and intuitive thinking techniques, discuss the pros and cons of each approach, and practice applying them in real-world scenarios. Participants will gain an understanding of how to recognize their own strengths and weaknesses and learn how to maximize their potential by employing the thoughts style that best fits the situation. By the end of the course, learners will be able to confidently and skillfully navigate a broad range of professional and personal challenges.

Key Course Content:

- Understand how to stand on your own feet.
- Ignore symptomatic thinking styles.
- Profile the emotional impact of standing on your own feet.
- Understand the impact of conditioning on your thinking style.
- Avoid feeling the need to comply.
- Allow yourself to feel comfortable being occasionally stubborn.
- Set behavioural boundaries and protect your perspective.
- Back up your opinion with sound data.
- Leverage off the latest primary and secondary research available.
- Learn to speed read and increase comprehension levels.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.

GET IN TOUCH: 📞 1300 323 752 | Deborah: ddear@preftrain.com ✉️ | 🌐 preftrain.com