



# INFLUENCING NEGATIVE THINKING PERSONALITIES AND CHANGE RESISTORS

"The power of one, if fearless and focused, is formidable, but the power of many working together is better." - Gloria Macapagal Arroyo

This course will teach you to take control of your thoughts and change negative thinking into positive self-talk. You will learn how to identify negative thinking patterns, challenge irrational beliefs, and reframe thoughts with more compassionate language. Through interactive exercises, you will develop skills to practice affirming statements and positive affirmations. You will also learn how to use mindful meditation to stay grounded in the present moment and cultivate a kind, compassionate relationship with yourself. Ultimately, this course will equip you with practical tools to make dramatic and lasting changes in your mindset.

## Key Course Content:

- Understand the psychology of negative thinking.
- Challenge cause and effect viewpoints.
- Create an environment where quieter participants are engaged and comfortable putting forward ideas.
- Identify struggle points and influence better outcomes.
- Discuss the behaviour and inactivity of clever put down artists.
- Remove complexity, jargon and reward simplicity.
- Reframe why things can't get completed to overcoming identified obstacles.
- Replace objections with plans to overcome them.
- Learn to leverage concepts rather than dropping the concept entirely.
- Empower people to feel comfortable putting forward suggestions without loss of face.



## 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.



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