



How to Stay Positive in a Tough Workplace

Duration 4 Days

Who Should Attend

- Those who work under stress and overload work.

Objectives

By the end of the course participants will be able to:

- ↪ Remove negative thoughts
- ↪ Change their negative work Behavior
- ↪ Influence their work environment
- ↪ Change their attitude to become more positive thinkers

Course Outline

- 1. The work environment**
 - 1.1. Negative work environment
- 2. Other people's behavior**
- 3. Change Past-experience**
- 4. Determinism Theory**
- 5. Bulletproof Armor comes from self-change**
- 6. How to Change Your Attitude**
 - 6.1. Accept Responsibility
- 7. Take Control**
 - 7.1. How to Change Your Thinking
- 8. Observe Your Thinking**
- 9. Manage Your Self-Talk**
 - 9.1. How to Change Your Behavior
- 10. Choose Your Behavior**
 - 10.1. Steps Toward Changing Behavior
- 11. Influence your environment**
 - 11.1. More positive contributions
- 12. Watch your definitions: they become thoughts,**
- 13. Watch your thoughts: they become words**
- 14. Watch your words - they become actions**
- 15. Watch your actions - they become your destiny**
- 16. The choice is yours - Choose positive Living**