

A high-angle, black and white photograph of a large crowd of people in business attire. In the center, a man in a dark suit and purple tie looks directly at the camera with a slight smile. The crowd is dense, with many people's backs to the camera.

Change Your Mindset Change Your Life

Change Your Mindset, Change Your Life

A workshop designed to foster a positive mindset for participants towards their responsibilities, their colleagues and superiors, and how to deal with challenges and changes in the work place. The program's ultimate goal is to give participants the tools to increase their level of happiness in the workplace and maintain a positive attitude using proven psychosocial tools.

Skills and Benefits Participants Will Receive

- Get unstuck from past experiences and beliefs that hold them back from achieving their full potential
- Become accountable and proactive in every area of their lives that are important to them
- Prime themselves each day with an attitude towards creating happiness and contentment in themselves and others

Suitable For

- New recruits, Gen Y, and Millennials
- Sales Team or other departments that constantly face difficult situations
- Business units that are impacted by change and a disempowering mindset
- Management teams that desires to build a growth mindset into the company culture
- Kickstarting a new calendar year

“We shorten your learning curve and make it fun”



Topics Covered

Priming Your Day

The first few minutes of each morning greatly impact how we think, feel, and behave for the rest of the day. If we start each morning right, we greatly increase our sense of happiness and achievement. In this session, participants will practice Anthony Robbins' famous priming exercises and Tim Ferris' 5 minute journal to kickstart their day.

Deletion, Distortion, Generalization

People are meaning making machines. We interpret things that happen to us based on our past experiences, beliefs, and emotional state at the moment. Thus, we unconsciously delete, distort, or generalize facts and perception of events that occur in our lives. Participants will become aware of this phenomenon and practice catching themselves in the act of deleting, distorting, and generalizing the truth.

What's Holding You Back

Fear and Limiting Belief are invisible enemies that hold us back from achieving what we want in life. They stop us from getting outside our comfort zone, make sales call, and degrade our self-perception. Participants will discover, confront, and destroy their fears and limiting beliefs in this emotionally charged session.

E + R = O

Event + Response = Outcome. "I am in control of my outcome" is the hallmark of a winning attitude. To achieve this, we must focus on how we can "respond" to an event rather than focusing on the event by finding excuses and blame others why things are not going well. This session will provide participants with coaching tools they can use on themselves and others to be more accountable for their actions and results in the lives.

Perceptual Position

Learn and practice "perceptual position", a technique therapists used to help people become unstuck from negative experiences in the past that still haunts them, and reframe the event into a positive learning experience. Participants will alternate from being a coach, a coachee, and an observer for a full hands on experience.

Contact us for a free demonstration.

-  whiteboardbkk.com
-  info@whiteboardbkk.com
-  [whiteboardbkk](https://www.facebook.com/whiteboardbkk)
-  +66 86 777 9647

