

Positive thinking and positive attitude

DESCRIPTION:

Having a good, positive attitude, along with positive thinking, at work will reflect on what you do and make you a more productive employee. This can determine how well you get your projects done and also how others perceive you. If you display a good attitude, you may increase your chances for a promotion or a raise if you are a positive role model for others within your department at work.

OBJECTIVES:

Upon completion of this training, the participants will be able to:

- Understand what Belief system is and what develops our belief system
- Understand the concept Map is not the Territory
- Are you Positive or Negative: Discover our inner voice that sends messages to us constantly
- Thought awareness, Rational thinking and Positive thinking
- Breaking bad habits; why is it so hard to change?
- Learn strategies for overcoming bad habits
- Goal Setting Using NLP

OUTLINE:

- How to deal with stress using a stress diary
- Thought awareness, rational and positive thinking
- How to break bad habits
- Learn external versus external locus of control
- Johari windows and Johari Styles



TRAINING CODE:

PTPPD 15

DURATION:

15 hours / 3 hours for 1 day

MODE OF DELIVERY

- presentations
- group discussions
- role-playing
- self-assessing exercises

DESIGNED FOR:

This course is suitable for

(Level 2 &3)

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