

UNLOCK THE POWER OF POSITIVE THINKING

Positive Attitude – The Key to Unlocking Success and Happiness in Both Work and Life! But are you unintentionally stuck in the following challenges?

- ✦ Feeling unmotivated, easily influenced by negative thoughts and work pressure?
- ✦ Getting discouraged when facing difficulties and challenges without knowing how to maintain a positive mindset?
- ✦ Being drawn into complaints and blame, making it hard to focus on solutions?
- ✦ Wanting to change your mindset and develop a positive attitude but not knowing where to start?

This course will equip you with practical strategies to cultivate a positive mindset, enhance adaptability, and build a strong attitude towards success!

CONTENT

Part 1: Overview of Positive Thinking

- ◆ The role of positive thinking for oneself and for the organization
- ◆ Model of Mindset - Action - Result
- ◆ The impact of Mindset on Action
- ◆ Attitude decides Success
- ◆ Breaking limiting beliefs
- ◆ Ways to cultivate positive thinking
- ◆ Identify Positive Thinkers

Part 2: Mastering Positive Attitude and Taking Responsibility

- ◆ Principles to master attitude and self-responsibility
- ◆ Being proactive - Levels of proactivity in work
- ◆ Enhancing resilience following the CORE model:
 - Control
 - Ownership
 - Reach
 - Endurance
- ◆ Building and enhancing positive mindset and attitude
- ◆ Methods to avoid and deal with complaining and blaming
- ◆ Techniques to transform Negative Attitude into Positive Attitude
- ◆ The 3A model in resolving conflicts with others
- ◆ The SAO principles for developing and maintaining positive thinking daily

Part 3: Summary and Action Plan

✧ The above content is subject to change without prior notices



OBJECTIVES



- ➔ Explore and decode the power of positive thinking for oneself
- ➔ Enhance the ability to overcome barriers that limit positive thinking in order to find creative and effective solutions to problems, difficulties, and challenges
- ➔ Understand methods to nurture positive thinking and effectively apply them to work and life

TARGET



- ☒ Staff ☒ Middle-Management
- ☒ First-line Management ☐ Top-Management

METHOD



30% theory, **70%** practice through group discussions, presentations, case studies, role-playing, games, etc.



AIMNEXT

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