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

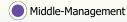


- Explore and decode the power of positive thinking for oneself
- Enhance the ability to overcome barriers that limit positive thinking in order to find creative and effective solutions to problems, difficulties, and challenges
- Understand methods to nurture positive thinking and effectively apply them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

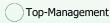
TARGET



Staff



First-line Management



METHOD



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





Professional Training & Consulting

HCM HEAD OFFICE

training-vn@aimnext.com

Nam Giao Building 1, 261-263 Phan Xich Long, Ward 2, Phu Nhuan Dist, HCM

HANOI REPRESENTATIVE OFFICE

Sao Mai Building, No.19 Le Van Luong St., Thanh Xuan Dist., Hanoi