



EuroMaTech

Training Seminars & Conferences

An Intensive 5-Day Training Seminar On

The Power of Positive Thinking, Psychology and Attitude

08 - 12 Mar 2020, Dubai
23 - 27 Aug 2020, Dubai
08 - 12 Nov 2020, Dubai



 View Details

www.euromatech.com

An ISO 9001:2015
and ISO 29990:2010
Certified Company

The Power of Positive Thinking, Psychology and Attitude

INTRODUCTION

In today's organisation, success, more than ever, is built on the skills, attitude and knowledge of people. The new science of Positive Psychology has been proven to increase both your personal and business results and achievements. Managers and professionals must now adopt, encourage and create positive thinking and attitudes.

New business requirements, increased performance demands and a changing workforce mean it is essential for professionals at all levels to understand and master the skills, techniques and methods of positive thinking and positive attitude.

Recent studies in behavioural science and neuroscience reveal scientific proof and evidence of the power of a positive mental attitude. Research also tells us that high achievers have trained themselves in this vital attitude. This interactive and highly practical programme gives you a step-by-step method to cultivate the power of a positive thinking and attitude. It will also provide you with many practical insights and tools to manage and develop others as well.

Participants will develop the following competencies:

- Break-through to the next level of both personal and professional achievement
- Master the ability to harness and apply the new science of positive psychology for managers and leaders
- Advance their 'management thinking and understanding' and keep ahead of the most modern concepts in motivation, people development and performance management

WHO SHOULD ATTEND?

This EuroMaTech training course is designed for managers, supervisors, team leaders, executives, and HR professionals who truly wish to grow in personal power, authenticity and integrity. It will also be beneficial to those who are:

- Responsible for organizational improvement, goals and objectives
- Concerned with achieving standards of excellence and higher performance
- Interested in enhancing their management skills and leadership ability
- Interested in enhancing their abilities to coach and develop above
- Responsible for strategic planning, results and performance management of individuals, projects or teams
- Responsible for team leadership in any area

IN-HOUSE TRAINING

EuroMaTech is capable of conducting this training programme exclusively for your delegates. Please e-mail us on inhouse@euromatech.ae for further information and/or to receive a comprehensive proposal.

QUALITY CERTIFICATIONS & ACCREDITATIONS

EuroMaTech is proud to be associated with the following accreditation bodies:



The PMI® Registered Education Provider logo is a registered mark of the Project Management Institute, Inc.



PROGRAMME OBJECTIVES

- Manage and motivate people more effectively using goal setting, positive outcomes and success coaching
- Create and harness the power of high-performance teams by creating a climate of performance-focused positive thinking
- Understand and effectively utilize strategic attitude-enhancing skills and techniques
- Lead people for more positive results by changing the way you think and motivate yourself
- Utilize proven success tools for guaranteed results – *enhancing the performance and standards of excellence for yourself, your team and your organization as a whole*
- Consider methods for improving management performance through proven positive thinking tools and techniques
- Master the power of positive thinking to create more success and happiness in your life and learn how to generate it in others
- How a positive attitude affects performance at work by applying the new science of positive psychology
- Brain research and the positive attitude and the science of success
- Using positive-thinking coaching to focus others on more empowering outcomes
- Explore positive thinking and attitude in management style and the role of emotional intelligence for tomorrow's organization

TRAINING METHODOLOGY

Participants will learn by active participation during the training through the use of a wide variety of instructional techniques. There will be group exercises to allow for a “hands on” approach to learning. Instructional films will be utilized to present “best practices” approaches. In addition, there will be in depth discussion of critical success factors.

Delegates will be encouraged to share their experiences, discuss areas of concern and offer practical help. All of the skills learned within this workshop will be 100% transferable to the workplace. A number of case-studies are examined that have been influential on this area of development.

PROGRAMME SUMMARY

This highly pro-active and practical EuroMaTech training course will combine the theoretical aspects of the best thinking with the practical and innovative tools of positive thinking, attitude development, NLP and Emotional Intelligence to prepare delegates for a productive, successful, effective and happy work, social and family life. The training first looks at the theory and leading skills, models and techniques and then transferring this into practical applications.

PROGRAM OUTLINE

DAY 01

Introduction to Positive Thinking Theory and Practice

- The science of positive thinking and the efficacy of positive thinking in individuals and organisation
- Understanding formations of perception, attitude and values
- How positive mental attitude shapes your future
- Overcoming mental blocks, blind spots, and negative emotional loops
- Case study 1: Identifying attitudes in the workplace with practical examples

DAY 02

The Principle of Goal Setting and Creating Motivational Goals

- Why goal setting does not work most of the time and what does
- Identifying your own motivation and purpose
- Developing solution-focus mindset
- Self-coaching for progress and capacity building
- Influencing others with individual motivation factors
- Case study 2: Setting outcomes, objectives and goals based on positive psychology findings. Reframing, brain-storming and mind-storming to overcome problems and issues

DAY 03

Neuro Linguistic Programming as a Tool for Directing Positive Thinking

- History, background and applications of NLP
- Introduction to NLP outcome-based positive thinking
- Using the meta and Milton model in everyday conversation
- Swish and re-framing models to create more positive realities and reprogram negative attitudes
- The power of empowering beliefs and tools to master this principle
- Case study 3: NLP tools and techniques put into practice – various exercises and examples

DAY 04

Positive Thinking – Coaching Others to become more Positive and Goal-focused

- Using positive and pro-active coaching to move others from being stuck to being motivated
- Learn and practical powerful coaching skills to challenge negative thinking and beliefs in others and turn into powerful
- Coaching practice using an example drawn from participants own experience
- Debating and making your case using positive thinking and attitudes
- Case study 4: Application of cognitive behaviour therapy in positive thinking

DAY 05

Autogenic Conditioning and Positive Visualisation

- Autogenic conditioning and visualisation as a force for creating positive thinking and attitude
- How it works – practical techniques to program unconscious thinking in yourself and others
- Visualisation techniques and relaxation techniques
- Practical positive thinking tools and methods to use in your personal and work endeavours
- Review of course learning and summary
- Case study 5: Turning around negative attitudes and building positive thinking into your daily routine

The Power of Positive Thinking, Psychology and Attitude

✓	Date	Venue	Fee(\$)
	08 - 12 Mar 2020	Dubai	US\$4,950
	23 - 27 Aug 2020	Dubai	US\$4,950
	08 - 12 Nov 2020	Dubai	US\$4,950

*This fee is inclusive of instruction materials, documentation, lunch, coffee/tea breaks & snack. All Fees are subject to 5% Value Added Tax (VAT).**

Your Details

Name (Mr/Ms):

Position: Organisation:

Address:

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City / Country:

Telephone / Fax:

Mode Of Payment

Please find enclosed a cheque made payable to EuroMaTech

Please invoice me

Please invoice my company as follows:

Contact Name:

Company Name:

Address:



Training Seminars & Conferences

Documentation

High Quality material has been prepared by the Seminar Leader for distribution to delegates. In addition, a special note pad to facilitate note taking will be provided.

Certificates

A Certificate of Completion will be issued to those who attend & successfully complete the programme.

Schedule

Our Course timings commences at 08:30 and concludes at 14:00, followed by lunch on a daily basis.

Hotel Accommodation

EuroMaTech has negotiated special rates for a limited number of rooms in the hotel. Early registration will help to secure a room at the reduced rate.

Registration & Payment

Please complete the registration form on this page & return it to us indicating your preferred mode of payment. For Further Information, Contact Your Nearest EuroMaTech Office.

Cancellation Policy

Request for seminar cancellation must be made in writing & received at EuroMaTech three weeks prior to the seminar date. A U.S.\$250/- processing fee will be charged per delegate for each cancellation. Thereafter, we regret that we are unable to refund any fees due, although in such cases we would be happy to welcome a colleague who would substitute for you.

Disclaimer

EuroMaTech reserves the right to alter the content, location of the Seminar, or the identity of the speakers in case of events beyond our control.

***VAT Announcement:** The Government of UAE have introduced Value Added Tax (VAT) on goods and services from 01-January-2018. In compliance with the legislation issued by the UAE Government, we will be applying a 5% VAT on the fees for all our programs and services offered from January 2018 as applicable and stipulated in the FTA circulars.

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