



# The Power of Positive Thinking

## Strategies for Optimism and Resilience

### ► Upcoming Sessions

19-23 Aug 2024	London - UK	\$5,950
16-20 Sep 2024	Dubai - UAE	\$5,950
25-29 Nov 2024	Dubai - UAE	\$5,950
16-20 Dec 2024	Krakow - Poland	\$5,950
10-14 Feb 2025	London - UK	\$5,950
26-30 May 2025	London - UK	\$5,950
18-22 Aug 2025	London - UK	\$5,950
15-19 Sep 2025	Dubai - UAE	\$5,950
24-28 Nov 2025	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

The Power of Positive Thinking is a 5-day training program designed to help participants harness the transformative power of positive thinking to enhance personal well-being and achieve success. This course explores the principles of positive psychology, mindset, and resilience to develop a positive mindset and overcome challenges. By cultivating optimism, gratitude, and self-belief, participants will learn techniques to reframe negative thoughts, build resilience, and create a more fulfilling and optimistic outlook on life.

#### Training Course Objectives

**By the end of this training course, participants will be able to:**

- Understand the principles and benefits of positive thinking
- Develop a positive mindset to overcome challenges and adversity
- Cultivate optimism and gratitude for enhanced well-being
- Learn techniques to reframe negative thoughts and embrace positivity
- Build resilience to bounce back from setbacks
- Apply positive thinking principles to personal and professional life

#### Designed for

**This training course is suitable to a wide range of professionals but will greatly benefit:**

- ▶ Individuals seeking strategies to overcome negative thinking patterns and develop a positive outlook on life
- ▶ Professionals who want to enhance their performance, motivation, and engagement
- ▶ Individuals facing challenges or transitions and seeking resilience and coping strategies
- ▶ Leaders and managers interested in fostering a positive work culture and motivating their teams

## **Learning Methods**

This Anderson training course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions.

## **▶ Training Details**

### **Day One: Introduction to Positive Thinking**

- ▶ Understanding the power and benefits of positive thinking
- ▶ Exploring the connection between thoughts, emotions, and behavior
- ▶ Assessing current thinking patterns and identifying areas for improvement

### **Day Two: Developing a Positive Mindset**

- ▶ Recognizing the impact of mindset on personal well-being and success
- ▶ Techniques to cultivate a growth mindset for continuous growth and improvement
- ▶ Building self-awareness and challenging self-limiting beliefs

### **Day Three: Cultivating Optimism and Gratitude**

- ▶ Understanding the importance of optimism and gratitude in fostering well-being
- ▶ Techniques to cultivate optimism and gratitude in daily life
- ▶ Practicing positive reframing and focusing on strengths and possibilities

### **Day Four: Building Resilience and Overcoming Challenges**

- ▶ Understanding resilience and its role in navigating challenges
- ▶ Strategies to build resilience and bounce back from setbacks
- ▶ Developing coping mechanisms and reframing obstacles as opportunities

### **Day Five: Applying Positive Thinking to Personal and Professional Life**

- ▶ Integrating positive thinking principles into personal and professional contexts
- ▶ Strategies for maintaining a positive mindset during stress and adversity
- ▶ Creating an action plan for applying positive thinking techniques in daily life

## **▶ The Certificate**

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

## **▶ INFO & IN-HOUSE SOLUTION**

For more information about this course, call or email us at:

Call us: [+971 4 365 8363](tel:+97143658363)

Email: [info@anderson.ae](mailto:info@anderson.ae)

Request for a Tailor-made training and educational experience for your organization now:

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