



Mind, Attitude and Motivation Power

Personal Empowerment for Professional Success

► Upcoming Sessions

29 Jul-02 Aug 2024	Dubai - UAE	\$5,950
25-29 Nov 2024	London - UK	\$5,950
24-28 Feb 2025	Dubai - UAE	\$5,950

► Training Details

Training Course Overview

Welcome! Thank you for taking this life-changing, career enhancing moment! You are about to enter the zone of successful, proactive high achievers! Wilfred Peterson, an American author who wrote for "This Week" magazine, said, "The art of being yourself at your best is the art of unfolding your personality into the man you want to be. Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude toward ourselves can we have the right attitude toward others." In other words, the real key to success in life, is firstly, an "inside job" within ourselves, before we can be really effective in dealing with others, the outside world. This life-empowering Anderson training course, is especially designed to assist you in achieving, this through understanding and applying the latest cutting edge, transformational, mind, attitude and motivational dynamics!

Training Course Objectives

By attending this Anderson training course, delegates will be able to:

- Discover the dynamics of personal empowerment
- Identify the significance of interpersonal relationship skills
- Develop a self-coaching motivation programme
- Understand attitudinal mindset changes that will motivate their life to an exciting new level
- Receive the latest studies on how to reprogramme the subconscious mind
- Know how to inspire, equip and motivate others into a success, peak performance life style

Designed For

This Anderson training course is suitable to wide range of professionals, but will greatly benefit:

- Individuals with real dynamic leadership potential
- Individuals being groomed for top quality leadership
- Individuals who have proved great leadership abilities
- Individuals who can train others
- Individuals who want to sharpen his inspirational, creative leadership

► Training Details

Day One: Harnessing the Power of your Mind

- ▶ The challenge of personal mindset development
- ▶ Examine the importance of the mind
- ▶ Operate the sowing and reaping principle - cause and effect
- ▶ How to develop a self-coaching programme
- ▶ Understand your conscious and subconscious mind
- ▶ How to reprogramme your subconscious mind

Day Two: Selective and Creative Thinking

- ▶ Understanding the mind-body communication connection and impact
- ▶ Discover the principle of replacement
- ▶ Find out why enthusiasm is so important
- ▶ How to develop a positive mindset channel
- ▶ Develop positive self-image creative thinking
- ▶ What controls your life? -TFD scenario

Day Three: Discover the Significance of Attitudinal Living

- ▶ Discover what attitudinal understanding really means?
- ▶ Find the greatest discovery of the 20th Century
- ▶ Discover the power of personal and corporate resilience
- ▶ Observe how your attitude will position you
- ▶ Advantages of a positive mental attitude
- ▶ How to overcome a negative mental attitude with a PMA?

Day Four: Attitude Management

- ▶ Discover the 'golden rule' of interaction
- ▶ What is the 'extra-mile' principle?
- ▶ Observe the 85% - 15% success principle
- ▶ Discover the psychology of a winning smile
- ▶ Develop an attitude of personal determination and persistence
- ▶ Recognise how your attitude affects your fellow staff and customers

Day Five: Mind Set Motivation

- ▶ Understand the 'as a man thinks' principle
- ▶ Why is motivation so important? What does it mean?
- ▶ Learn to practice goal setting motivation
- ▶ Analyse the 3 major types of motivation
- ▶ How to be an environmental change agent
- ▶ Discover how to be pro-active in every area of your 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

Email: info@anderson.ae

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

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