

Wellness Series

MANAGING NEGATIVE THINKING



During these difficult and changing times, it can be challenging to maintain a positive outlook. This workshop will help you to identify how our mindset is connected to our outlook on life. It explores our circle of control and how we can improve our outlook to achieve the benefits of positive thinking.

Identify your mindset and its connection to your outlook on life

Recognize the connection between your thoughts and behaviours

Demonstrate positive thinking and recognize its benefit

Understand the circle of control and recognize what is within your control and not within your control

WHO SHOULD ATTEND

- Everyone!

SESSION DETAILS

- Two-hour virtual workshop

COURSE COMPONENTS

- Positive thinking mindset
- Self-awareness and challenging negative self-thought
- Circle of control
- Worry
- Problem-solving
- Meditation and mindfulness

RESERVE YOUR SESSION NOW!

FOR MORE INFORMATION OR TO RESERVE YOUR SESSION, CONTACT US TODAY:
OTEC OFFICE & LEARNING CENTRE 21 Four Seasons Place, Suite 300
Toronto ON, M9B 6J8 | p. (416) 622.1975 | t.f (800) 557.6832 | e. info@otec.org
www.otec.org

