



Managing Negative Thinking



Instructor-led. Virtual and in-person options.

Your mindset is connected to your outlook on life. But in difficult or challenging times, it can be hard to maintain a positive outlook.

This workshop explores your circle of control and how you can improve your outlook to achieve the benefits of positive thinking at home and at work.

LEARN HOW TO:

1. Identify your mindset and how it influences your thoughts and behaviours
2. Use solution-focused problem-solving to tackle challenges
3. Understand the benefits of positive thinking and how to challenge negative self-thought
4. Recognize the circle of control and accept what you can and cannot control
5. Practice meditation and mindfulness techniques

SESSION DETAILS:

- Half-day workshop
- Instructor-led, either in-person or virtually
- Participants receive a certification upon completion
- Delivered by certified, experienced trainers

DESIGNED FOR:

- Front-line service staff
- Supervisory staff
- Managers