

ACHIEVING PERSONAL & PROFESSIONAL EFFECTIVENESS

OVERVIEW

This two-day training will coach the participants on positive thought exercises using various proven methods and resilient thinking. They will also be taught how to develop a positive outlook and gain work satisfaction through emotional management. This is a complete training programme for better personal management self-esteem, and techniques for staying positive at work. Information is presented in an entertaining and relaxed manner, and hands on activities will be used to reinforce learning points.



OBJECTIVES

UNDERSTAND THE
FUNDAMENTAL CONCEPTS OF
THOUGHTS AND ITS IMPACT IN
OUR DAILY LIVES

APPRECIATE THAT THOUGHTS
CAN BE CONVERTED TO BE
POSITIVE AND REALISTIC

IMPLEMENT SIMPLE
STRATEGIES TO REGAIN
CONTROL OF THE MIND

GAIN CONTROL OVER THEIR
MINDS BY CREATING A
PARADIGM SHIFT

LEARN METHODS TO ACHIEVE
PERSONAL MASTERY

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