

# ***SUCCESSFUL MINDSET AT WORKPLACE***



Successful Mindset at Workplace program teaches participants how to effectively promote and facilitate Mindset, in themselves and others that embrace change instead of resisting it. Organisations are, in turn, able to realise the benefits of a project or implementation much faster.

## **Benefits & Learning Outcomes**

1. By developing a stronger awareness of self and others, participants will be better prepared to consciously make effective and satisfying life decisions and choices, specifically in regard to change
2. Participants will develop a greater awareness of their patterned response to change, which will enable them more options in choice of response.
3. By understanding that resistance and the consequences of resistance are a choice, participants are enabled to make more positive, adaptive responses and informed decisions
4. Recognise the link between mindset and personal change to improve productivity

## **WHO SHOULD ATTEND?**

Managers, leaders and anyone who would like to accomplish more through this journey of mindset change

## **METHODOLOGY**

Lectures, experiential activities, group discussion, and presentations.

### **Course Outline**

- Introduction
- Enlightenment Self Awareness
- Efficiency Self-Control of Personal Resources
- Managing Self Mastery
- Self - Change
- How to change your thinking?
- How to change your behaviour?
- Beware of Environment Bullets

**Facilitator  
Sajni Dharamdass**

Duration : 2 days