



The “Winning Attitude” workshop

Workshop outline

- The reasons many people have low self-esteem
- How our belief system works
- The benefits of a strong value system
- Why people with a mission accomplish much more
- The justifiers for failure
- The critical diet for success
- The one thing
- Understanding habits and making them work for you
- Conditioning – how you can programme yourself for success
- Embracing change as your friend
- The winning attitude
- How to motivate others – and why it’s so important
- The power of decision, the importance of action
- How to set goals - and score!

Objectives:

This workshop gives delegates the understanding that their past does not necessarily reflect their future. We can change whatever we want to if we have a strategy linked to specific, deliberate action. Delegates will come away with a new understanding of their personal possibilities, and how to tap into and realise their potential.