



How to Build or Maintain a Great Attitude for Better Results.

This workshop is designed to provide proven strategies to assist in **building or maintaining a winning attitude** both at work and at home.

Proven Course Objectives

- Identify some of the many things that shape our attitudes
- Assess your attitudinal strengths and areas you can control or enhance
- Recognize the impact that our attitude has on how we think, feel, behave and how others respond to us
- Discover ways you can make positive changes happen for yourself, along with ideas for inviting others to change or improve
- Study some of the inspiring words of great men and women throughout history and the impact they can have on our attitudes
- Create or refine a personal written mission statement as a useful tool for adding meaning and value day-to-day
- Review the power of clearly written goals and their influence on our attitude and actions
- Develop a helpful action plan with steps you can easily take to keep improving your attitude over time

Audience:

leaders or team members who wish to reinforce or strengthen a set of critical daily thoughts and workplace choices for themselves or entire teams. Group size: from 10 to 24 people. This course is ideal for teams that want everyone to be at their best for better productivity and results.

Participant Benefits:

- Tools for greater self-management and control of one's own attitude -
- Discover proven approaches to invite better responses from others
- Gain methods for equipping yourself to respond better to moods of coworkers, customers or daily situations
- Worksheets and practices for real positive influence and hopeful outlooks
- Enhanced individual and organizational alignment on shared values

Accountability and Measurement

This single-day workshop stands on its own or can be combined within a series for greater retention. Scheduling follow-up or reinforcement training helps to accelerate and reinforce application of key behavior principles.

Program Delivery Includes:

- Interactive on-site workshop and useful reference workbook
- In session Individual work and fun group practices written and verbal
- Helpful quick self assessments and group hands-on practice
- Complimentary executive summary of all participant feedback

Program Length/Commitment:

Standard program structure is: One Full-day = five to seven hours.
Half-day two to four hours and lunch and learn options also available.

Target Growth Areas:

- Self-awareness-Self-management
- Self-talk control options/practices
- Self-assessment goals to improve
- Worksheets for use back at work
- Behavior improvement practices
- Inspiration to keep self-improving
- Employee morale/self-motivation
- Awareness of team tone & impact
- Better responses to outside factors

"If attitudes were contagious like a disease-would yours be worth catching?"

When asked: "would you recommend this workshop to others?" Out of the last 10 workshops we conducted, 100% of attendees said "YES".

Testimonials what some of the many participants are saying:

- *I learned new ways to build-up and strengthen my own attitude.*
- *Good for every organization!*
- *All our company employees should attend this workshop. Excellent!*
- *Leaders who need to set the tone.*
- *Everyone, we all have room for improvement.*
- *Co-workers, so they can better support overall team spirit.*
- *The whole company.*
- *My supervisor and others in my group.*
- *Colleagues I work closely with.*
- *Co-workers – we all can use a kick in the attitude.*
- *Engineers to help them lighten up a bit.*
- *Other co-workers would benefit.*
- *Some of our customers and a few family members 😊.*

Program Investment

Contact us for greater savings when combining multiple training services.