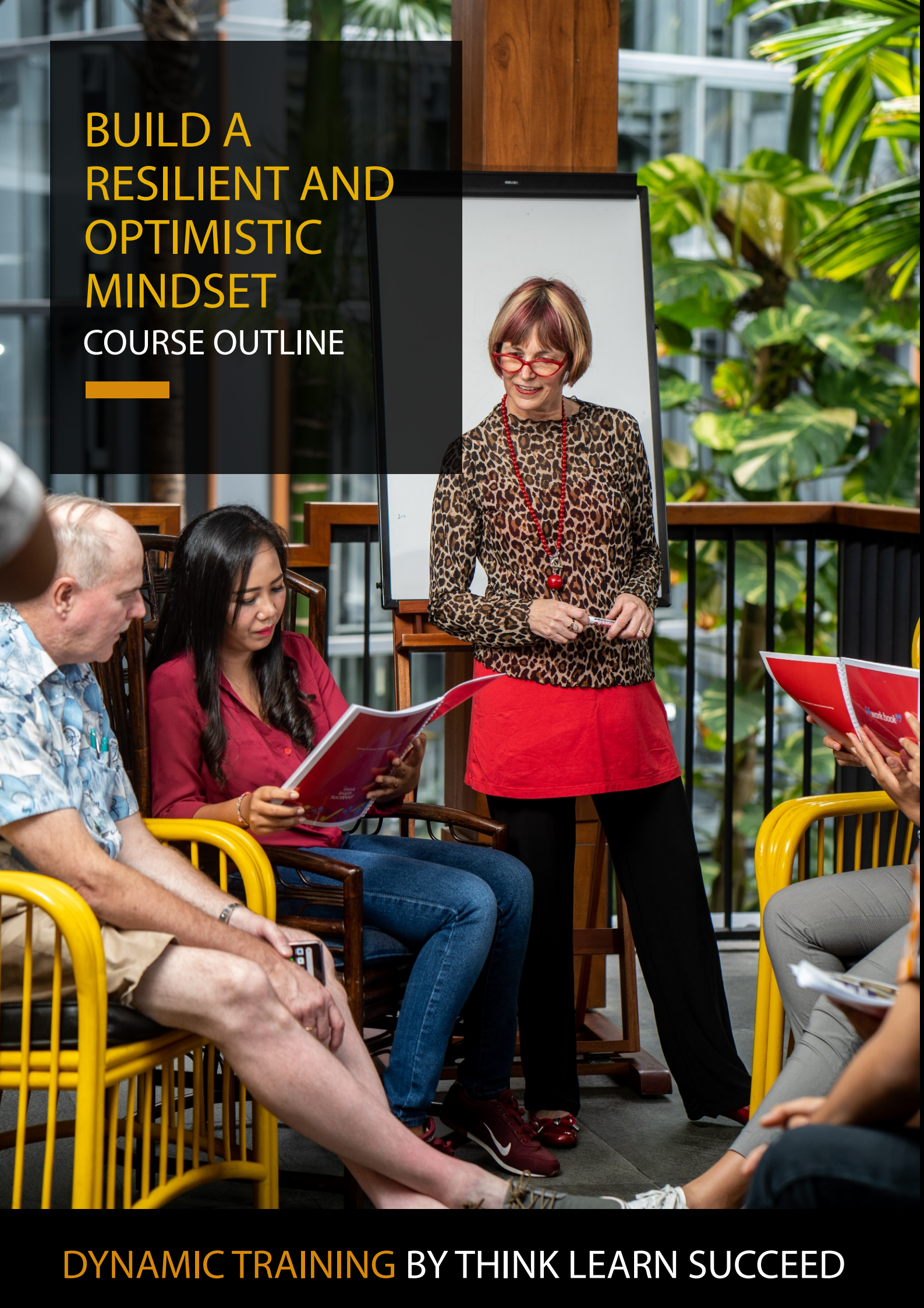


**BUILD A
RESILIENT AND
OPTIMISTIC
MINDSET**
COURSE OUTLINE



DYNAMIC TRAINING BY THINK LEARN SUCCEED

Training to inspire positive deviance

Course overview

In the age of digital disruption, mental toughness and 'grit' drive success. People with positive, resilient thinking patterns are better equipped to solve problems. They persist in the face of adversity and 'get going' when times are tough. That's why everyone in your business needs to master resilient and optimistic thinking. This course explores the psychology of positivity and resilience. It covers practical techniques for dealing with pressure, embracing change and approaching challenges with curiosity and resourcefulness. Hear how to shift negative thinking and minimise stress. Learn how to design solutions instead of being overwhelmed by problems. Discover how simple it can be to shift out of 'learned helplessness' mode and think optimistically.

What you'll learn in this course

By the end of this course, you should be able to use positive psychology to achieve these results.

- Think in ways that boost hope, optimism, resilience and personal power (self-efficacy)
 - Overcome negativity and pessimism by learning optimistic thinking habits
 - Use emotion-regulation tools to reduce stress
 - Take on a growth mindset and learn to use solution-focused thinking techniques
 - Increase your 'positivity ratio' and bounce back during tough times
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Topics you'll cover

- What is a positive mindset?
- Increasing your optimism levels
- Boosting your resilience
- Regulating your emotions
- Learning from setbacks
- Planning for a positive future

Meet your facilitator

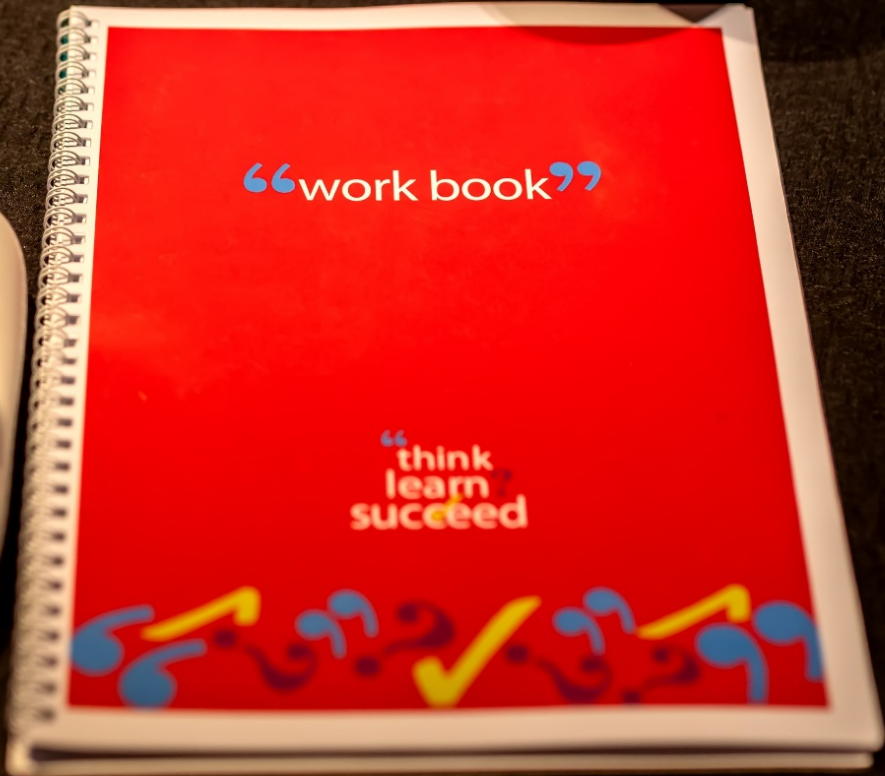
Eleanor Shakiba is a positive psychology trainer and success coach. Her training style is dynamic and bold, with a dash of quirky humour. She believes that interaction, activity and experimentation promote learning. That's why she uses experiential training techniques instead of 'chalk and talk' lectures.

In her early career, Eleanor ran an educational theatre company. In the mid 1990s, Eleanor discovered her passion for facilitation and adult education. She worked for ten years as a trainer and facilitator at the University of Sydney. In 2006, she founded Think Learn Succeed – a business which delivers training courses and coaching. Eleanor loves working with 'positive deviants'. These are people who differ from the norm in constructive ways. Eleanor works with positive deviants to create vibrant business cultures and peak performance.

Eleanor is qualified in Social Anthropology, Adult Education, Counselling and Positive Psychology. She delights in helping professionals learn skills for success in the real world, using interactive learning techniques. Her students describe Eleanor as 'a lively and enthusiastic presenter who can keep you engaged for hours.'

Creativity is Eleanor's signature strength. She loves using it to write books, video scripts and online training programs. Eleanor is the author of *Difficult People Made Easy* and is currently writing her second book, *6 Habits of Savvy Female Negotiators*. She has also created over 120 training programs and a range of online learning courses.





BOOK THIS COURSE FOR YOUR TEAM

CALL ELEANOR ON 0433 126 841

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