

# CREATING A SUCCESS MINDSET

COURSE OUTLINE

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DYNAMIC TRAINING BY THINK LEARN SUCCEED

# Training to inspire positive deviance

## Course overview

A success mindset is a way of thinking that supports achieving your goals. People with success mindsets tend to use optimistic, solution-oriented thinking. You, too, can learn to focus your attention, overcome challenges and adopt a positive outlook. Hear how to build peak performance states and 'get into the zone' psychologically. Do you aspire to achieve greater things? Are you wondering how to beat procrastination or stay focused on your goals? In this course, you'll learn how to create the change you desire. Positive psychology topics you'll cover include growth mindset, positive deviance, strengths theory, intrinsic motivation, hope theory, flow states and solution focused thinking techniques.

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## What you'll learn in this course

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

- Take on thinking patterns that support success
  - Beat pessimistic thinking, using positive psychology
  - Overcome procrastination and get more done
  - Optimise your thoughts and behaviours – so you feel energised and produce outstanding results
  - Capitalise on your strengths so building success comes easily
  - Get into peak performance states more easily
  - Overcome challenges and setbacks when working towards your goals
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## Topics you'll cover

- What is a success mindset?
- Building a drive to succeed
- Making success meaningful
- Capitalising on your strengths
- Getting into 'the zone'
- Responding resiliently to setbacks

## Meet your facilitator

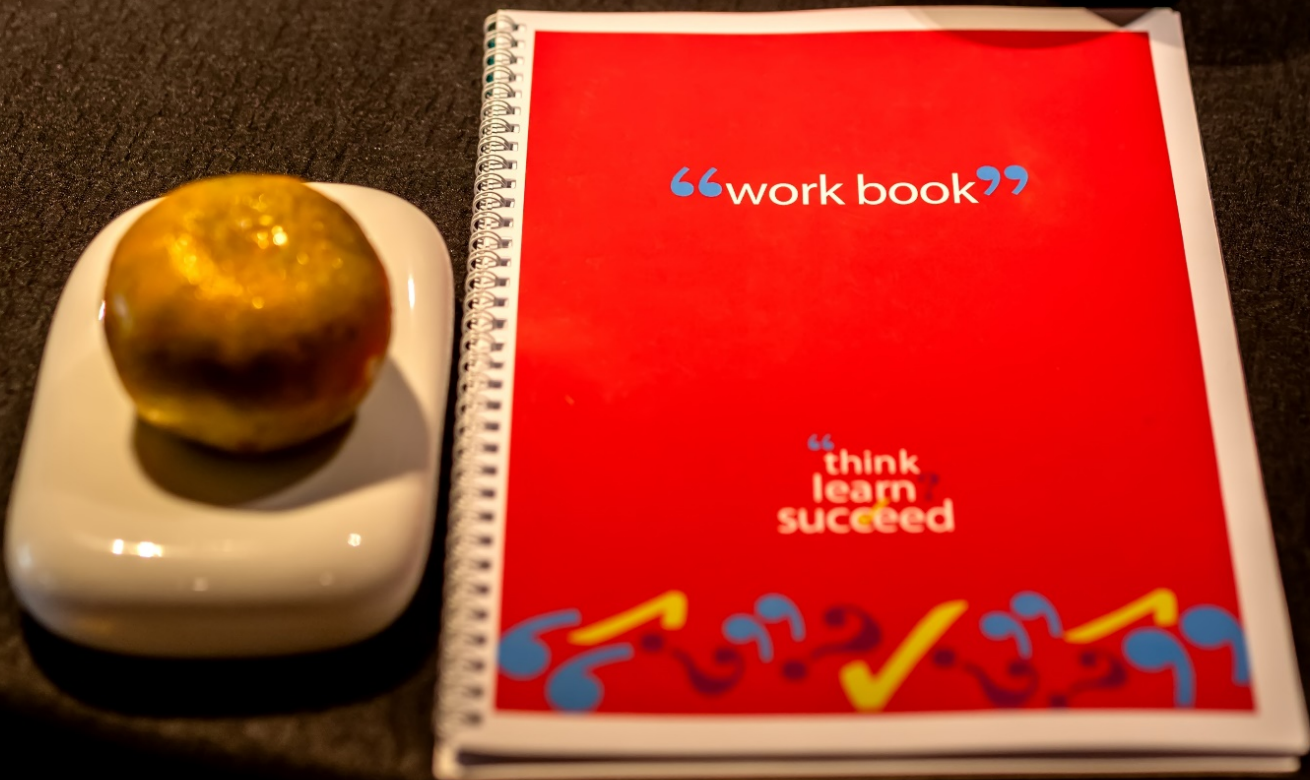
Eleanor Shakiba is a positive psychology trainer and success coach. Her training style is dynamic and bold, with a dash of quirky humour. She believes that interaction, activity and experimentation promote learning. That's why she uses experiential training techniques instead of 'chalk and talk' lectures.

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**  
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