



Mind, Attitude & Motivation Power for Professional Excellence



6 - 17 January 2025



Singapore

Mind, Attitude & Motivation Power for Professional Excellence

course code: M1055 From: 6 - 17 January 2025 Venue: Singapore - course Fees: 8250 Euro

The Course

According to the Harvard Business Review, "85% of the reason a person gets, keeps and performs well in a job, depends on their ATTITUDE and only 15% on their APTITUDE". (Aptitude is your University degree, diploma, training, knowledge etc.) It has been found that most Companies spend almost all their training budget on technical and skill development. However, today's "cutting edge" Companies and Organizations, are now selecting and incorporating Peak Performance Training and Staff Personal Development, to increase the performance and productivity of their Staff.

The well known Cox Report of American Business, unequivocally stated that, "As many as 94% of the top executives of the Fortune 500 Companies, attributed their success, more to ATTITUDE, than any other ingredient!" Professional excellence is primarily determined by harnessing and maximizing mind, attitude and motivation power.

This is a highly interactive, inspirational and motivational seminar, the seminar that will turbo-charge your personal and business life. This seminar will bring about incredible, positive, mindset changes and will give you life style attitudes, that attitudes that will motivate your life to an exciting new level! You will learn the secrets and practices, of top executives and C.E.O's, who have really succeeded in their corporate culture. You will also learn how to inspire, equip and motivate others into a success, peak performance life style.

The Goals

- To reveal the significance and impact of the mind.
- To identify the power of choices, decisions and actions.
- To show how attitude and interpersonal relationships affect every area of our lives.
- To develop specific life management skills.
- To know how to motivate yourself and others.
- To develop pro-active motivation as a way of life.

The Process

This highly interactive seminar has hundreds of hours of computer slide presentations and is based on the multi-sensory system of learning (listening, observing, seeing, inter-acting and with a follow through programme and materials):

- This course will feature large and small group discussions, role plays, individual exercises, group competitions, questionnaires and case studies to observe, discuss and bring feedback.
- Video clips and life-relating stories and illustrations will highlight this impactive seminar.
- This course will be presented in a fast moving, highly informative manner but will be enjoyed with an informal, fun-filled, relaxing atmosphere, that maximizes learning.

The Benefits

Each person will gain:

- An appreciation of the power of their mind.
- A practical understanding, of how to use their creative subconscious mind.
- The importance of interpersonal, relationship skills.
- The steps of how to use attitudinal behaviour on a daily basis.
- The knowledge of how to motivate themselves and their staff.
- Life management skills, to bring success, into every area of their lives.

The Course Modules

This impactful seminar revolves around 11 modules

- **Module 1:** SUBCONSCIOUS MIND POWER - Examines the amazing power of your brain and how to overcome negative emotions and replace them with highly positive programming.
- **Module 2:** VISUAL POWER - The brain is primarily graphically and pictorially designed. 85% of the decisions we make are made with our eyes. Discover how this effects almost everything we do.
- **Module 3:** THINK POWER - Understand the impact of selective thinking. This will help you realize the incredible power that lies within you.
- **Module 4:** ATTITUDE IMPACT - Reveals the depth, significance and importance of developing the right attitude.
- **Module 5:** ATTITUDE MOOD MANAGEMENT - Shows how we create our own world by the choices we make and how we can improve our self-image focus.
- **Module 6:** THE GOLDEN RULE ATTITUDE - Examines the life changing principle of interpersonal relationships and how to get on with other people.
- **Module 7:** SUCCESS ATTITUDES - Reveals what successful people do and how they develop positive influence in and through their lives.
- **Module 8:** CHOICE ATTITUDES - Everything in life revolves around the choices and decisions we make.
- **Module 9:** MOTIVATION POWER - All successful people are highly motivated. Find out why and how they develop this personal motivation.
- **Module 10:** THE 3 STEPS TO MOTIVATION - Reveals the different areas of motivation and which step is the most important one.
- **Module 11:** 35 WAYS TO STAY MOTIVATED - Shows a positive pro-active schedule of options of what to implement into your life and how to maintain positive motivation.

The Core Competencies

You will learn to:

- Understand and harness the power of your mind.
- Use your subconscious to move your forward into a dynamic new dimension.
- Understand what attitude and self-image power living is all about.
- Appreciate why positive attitudinal behavior is crucial for business success.
- Highly motivate yourself and train and equip others to do the same.
- Make a paradigm shift to achieve a dynamic, highly motivated life style.

The Programme Content

Harnessing the Power of Your Mind

- Understanding your amazing brain.

- The importance of the mind.
- Handling the challenge of change and transition.
- Sowing and reaping principle - Cause and effect.
- How conditioning has affected your life.
- Understand your conscious and subconscious mind.
- How to re-programme your subconscious mind.
- Learn how to deal with destructive fear.

Selective and Creative Thinking

- Discover the principle of replacement.
- How to deal with destructive thoughts.
- Find out why enthusiasm is so important.
- A mind set indicator.
- How to develop a positive mindset channel.
- Communication between your mind and your body.
- Dr. Bernie Seigle's observations.
- Teleological thinking.
- Develop positive self-image creative thinking.
- Your personal perspective will affect everything you do.

Discover the Significance of Attitudinal Living

- What does 'attitude' really mean?
- Find the greatest discovery of the 20th. Century.
- Discover the power of personal and corporate resilience.
- See how your attitude will position you.
- Why do we need attitude adjustment.
- Advantages of a positive mental attitude.
- How to overcome a negative mental attitude with a PMA.
- How to maintain a right attitude.

Attitude Management

- Discover the 'Golden Rule' of interaction.
- What is the 'extra-mile' principle?
- Learn the 85% - 15% success principle.
- Discover the psychology of a winning smile.
- Find out how successful people manage their lives.
- Develop and attitude of personal determination and persistence.
- See how your attitude affects your fellow staff and customers.

Mind Set Motivation

- Understand the 'as a man thinks' principle.
- Know the power of the cassette, and CD's on the mind.
- The power of repetition.
- Why is motivation so important? What does it mean?
- Motivation creates energy.
- Key activity of the 100 most successful businessmen.
- Goal setting motivation.

- Discover what momentum motivation will do for you.
- The 2 major types of motivation.
- 35 ways to stay motivated.
- What it means to be pro-active in every area of your life.