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**Positive Skills for Personal Effectiveness.**

PIK588-0525 NY-USA-1



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**Place:** New York (USA)

**Venue:**

**Start Date:** 26-05-2025

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**PPP:** £4550



## **Positive Skills for Personal Effectiveness.**

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**If you can't train them,  
you can't blame them!**

### Short Description:

One of the major keys to success in the business world is being able to apply “discipline” to your live and actions! This is the key to developing personal effectiveness and professional excellence. As S. N. Bremer said, “Self-mastery is the greatest task to which man has ever set his hand to. Self-development, can be achieved only after we resolve to control our self, through the operation and control of our thoughts.” Aldus Huxley said, “There is only one corner of the universe you can be certain of improving, and that is your OWN SELF!” Whether you realise it or not, you carry within yourself, a mental blue print and picture of you. All of our actions, feelings, behaviour, and even our abilities, are consistent with the self “image, we hold of ourselves. Your self-image is either your life handicap, or your auto-pilot for success! Denis Waitley, the well-known motivational speaker and top performance trainer, sums it all up, when he says “Ultimately, what shapes our self-image, is not so much what happens to us, as what happens in us! Perhaps more than any other quality, a healthy self-esteem, is the door to high achievement and happiness.” This program is designed, to prepare and equip each person, with the discipline, positive mind set, and motivation, to maximise their incredible personal potential!

### Course Overview:

#### **The Goals**

*This powerful programme will help you to learn how:*

- To empower and enable you, to develop in the areas of personal effectiveness, and character empowerment, that is required in today's Global economy.
- To build these empowerment skills into achieving excellence in every area of personal and corporate life.
- To highlight the 90% “People Factor”, in contrast with the 10% “Performance Factor.”
- To equip and maximise your potential, develop positive habits, and thus increase your productivity, in the work force.

## The Benefits

*Following completion of this unit, you will know:*

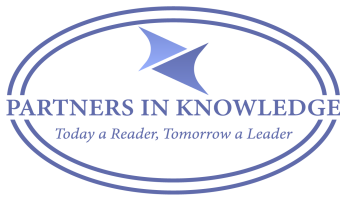
- How to be more disciplined and personally effective.
- What empowers and what disempowers a person.
- How to build a positive work environment.
- How to understand teleological thinking.
- How to move from the negative cycle and into the positive success mode.
- How to release a new drive and motivation into your life and work environment.
- How to empower your life for positive results.

## The Results

- Understanding the significance of your self-image.
- Understanding the 6 basic psychological needs of man.
- Knowing how to control and discipline your mind.
- Discovering how to bring personal character change.
- Building up a positive inner belief system.
- Knowing how to practice effective interpersonal relationship skills.
- How to practice having a positive mental attitude.
- Practicing positive word empowerment.
- Working and developing a transformational vocabulary.
- Implementing a proactive life style.

## The Core Competencies

- Knowing how to direct your conscious and subconscious mind.
- Learn how to overcome negative thinking and a restrictive past.
- Developing an improved self-image.
- Increasing your personal confidence.
- Develop a daily, disciplined life style.
- Practicing mirror motivation every day.
- Practice speaking our positive and encouraging words.
- Increase showing appreciation to others.



- Learning to develop a positive mental attitude.
- Become proactive conscious.

## **Program Outline:**

### **Day 1: Mind Empowerment**

1. Understand the power of your conscious subconscious mind.
2. Realise the power of your imagination.
3. Understand the significance of teleological thinking.
4. How to deal with disempowering thinking.
5. How to use the Replacement Principle and create a disciplined character.

### **Day 2: Self-Image Empowerment**

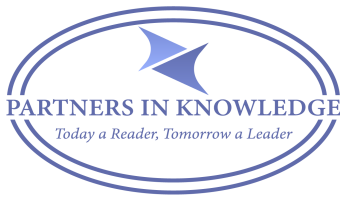
1. Discover the one prime cause for success or failure in life.
2. Know the power of discovering your self-image.
3. Discover the power of choice and how to build your self-esteem?
4. See what creates your Screen of reality and how do you see yourself?
5. How do you process an event?

### **Day 3: Attitude Empowerment**

1. What does "attitude" really mean?
2. What is the 85% x 15% attitude success factor?
3. Listen to, and read daily motivational materials.
4. Enjoy the medicine of real laughter.
5. How to create a disciplined character.

### **Day 4: Word Empowerment**

1. Learn what sort of words really encourage and build up people.
2. One of the six basic psychological needs of man.
3. Why is appreciation so important?
4. Learn how to express appreciation in a variety of ways.



5. Learn how to make appreciation a vital part of your life.

## **Day 5: Motivation Empowerment**

1. What happens when you are personally motivated?
2. Find out the key factor in a surveyed 100 "most successful business persons in the world"
3. Discover the medical findings and physiological impact that motivation brings to the body.
4. Learn the 3 major steps of motivation empowerment.
5. Develop and proactive life style.