HOW TO DEVELOP A GROWTH MINDSET...THAT LASTS LONGER THAN A WEEK OR TWO!

BRIEF COURSE OUTLINE

Change from a negative, fixed, excuse-making mental state to a liberating, energized, solution finding mindset that promotes taking action. Delegates will begin developing their new mindset following the A.T.L.A.S. cognitive behavioural restructuring programme developed by chartered psychologist Martyn Stewart (CPsychol)

WHO SHOULD ATTEND

This course is suitable for all employees; support staff, managers, leadership.

PROGRAMME DETAILS

- Raising AWARENESS of all factors that contribute to your automatic thinking which requires recalibration to change behaviour. A range of self-assessments reveal patterns of thinking you were unlikely to be aware of.
- Now that you are aware, the session will get to work on restructuring your automatic THOUGHTS cognitions, schemas and self-talk, to produce more disciplined LANGUAGE, via deciphering how to increase willpower, how best to build habits and how to be proactive in your ACTIONS.
- Once all of this is revealed. You will SAVE what works for you in order to be more productive in your workplace and personal life by facilitating a new and effective growth mindset.

METHOD OF DELIVERY

Self-assessment; Group and Individual activity; Exposure to challenge; Discussion and target setting; Presentation

COURSE FACILITATOR

Martyn Stewart (CPsychol) is a widely experienced consultant and educator with a strong background in coaching and mentoring, social inclusion, mental well-being and cognitive restructuring. He is also a chartered psychologist with the British Psychological Society. Martyn is currently the Head of Psychology at one of the top international British schools in the world and an acclaimed motivational speaker. He regularly conducts CPD and publications on topics including workplace anxiety, self-confidence and inter-personal relationships. His achievements are exceptional including top performance for value added, 100% pass rate at A-Level and individual success for clients.

TESTIMONIALS

See interactive references on www.passareuk.com