



Eat the Elephant **'Helping people achieve the objective'**

Essential Management Development skills

Power of Positive Thinking

Who is it for ?

Any individual or teams who want to become aware of the inner obstacles that can get in the way of personal and professional success.

What is it about and what will it do ?

A 1 day workshop that gives the tools and tactics needed to positively change the ways that people see themselves, present themselves and allow others to treat them.

Typical Objectives

Knowing how to confidently structure and deliver yourself so as to feel more confident as an exciting, talented and confident human being.

Indicative Outline Content

- **The power of self awareness**
- **Assertive in approach and action**
- **Taking responsibility for yourself**
- **Accepting yourself**
- **Managing emotions**
- **The power of visualisation**
- **Creating a personal mission statement**
- **Setting and achieving goals**
- **Communicating with confidence**
- **Magic Words and celebrating success**

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