



Perception, Power & Positive Thinking

Our perception of the world is based on that which we believe we know to be true, therefore it must be true. Of course the contrary can also be true – our thoughts are influenced on how we perceive the world through our senses and emotions, unique to us. This personal development and communication course will sharpen leaders' perception powers and positive thinking approaches. Challenging how we 'see the world' is the basis of this course resulting in life-changing outcomes.

Expected Accomplishments

- Identify key elements needed to heighten perception in business and personal life
- Practice self-awareness and sensory acuity techniques
- Be able to read others' learning and thinking styles
- Use a variety of verbal & non-verbal techniques to better communicate in business and personal matters
- Program oneself to be more positive in a variety of situations and learn from past experiences of less positive behavior
- Build rapport more easily with colleagues and the general public as perception skills develop
- Strategize positive thinking steps into decisive outcomes

Course Outline

- The power of perception
 - Unique concept of perception
 - The proof is in the perception: tricky views
 - Learning & thinking styles influenced by perceptions
 - Perceptual inputs & outputs: a difference in personal styles
 - Analyzing verbal and non-verbal communication for perception cues
 - Recognizing unique preference styles: away from & towards
 - The first 3 seconds make a man: the first impression & others perception

- Accentuating the positive:
 - The power of positive thinking from thought to reality
 - It's your life! – the effect of positive or negative thinking
 - Changing the perception of negative past experience or frightful future events
 - Replay the scene: NLP technique
 - Communicating positive or negative messages as a presenter or receiver
 - Positive & negative messages: little words; big differences
 - The reciprocity urge – using the boomerang effect to your personal advantage
 - Strategizing your positive attitude for positive outcomes
 - Pumping up your perception muscles and invigorating yourself with positive vibes

Who Can Benefit

Anyone who has a desire to improve their communication skills.

Related Training

- Emotional Intelligence
- Develop Your Talents & Strengths for Career Success
- Advanced Communication–'The Power of Assertiveness'
- Managing Time & Stress
- Developing Effective Working Relationships
- Maximize Your Potential – Optimize Your Brain Power for Work & Life





Duration

2 days

Mode

Presentations, task-based exercises, communicative role-plays and team based activities.

Prerequisites

Good communication skills

Course Code: COM-280

