

THE POWER OF GRATITUDE & SELF TALK INFO SHEET



There is no denying that your mindset plays a significant role in your outcomes, both personally and professionally. Your ability to apply gratitude and the quality of your internal narratives (that is your self talk), are often reliable predictors of the state of your mindset.

WORKSHOP CONTENT

- Understanding gratitude
- The neuroscience and positive affects of practising gratitude
- 4 key ways to practise gratitude
- How to cognitively embed an attitude of gratitude
- Why self talk makes such a significant impact in our life
- 6 common types of negative self talk and how to combat them
- How to implement a Pattern Interrupt to alter negative self talk
- Reframing self-limiting stories
- How to create positive self talk statements
- 7 day Mind Detox

BENEFITS ASSOCIATED WITH THIS WORKSHOP

Cultivating an attitude of gratitude is undoubtedly one of the most beneficial things you can do for your mind. Add in the skill of positive self talk and you are creating a powerful combination on tools to build a healthy and happy team of individuals.

When gratitude and positive self talk are interwoven within organisation the benefits are significant and include:

- A happy and more positive work environment where employees feel happy, valued and cared for
- Enhanced interpersonal relationships due to greater kindness, compassion and empathy
- Improved retention as employees truly feel valued
- Helps employees find meaning and purpose in their work resulting in a greater sense of fulfilment and job satisfaction
- Instills a more optimistic outlook on life enhancing overall happiness
- Enhanced energy, resilience, focus and mood resulting in greater work productivity
- Decreases symptoms of anxiety and depression
- Creates great leaders that are compassionate, considerate and empathetic



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