

Personal effectiveness training

#1 The role of beliefs in building personal effectiveness

- **"Bumblebee Syndrome"** - you will discover how your beliefs can hold you back from taking up challenges or changing established patterns of action,
- **The impact of attitude on the effectiveness** - you will learn about the findings and conclusions of Harvard University research.
- You will learn what strategies are used by people who achieve above-average results in their work.
- **You will learn how to deal with emotions using the power of visualization** - techniques of dissociation and association,
- You will use your own physiology to improve your mood.

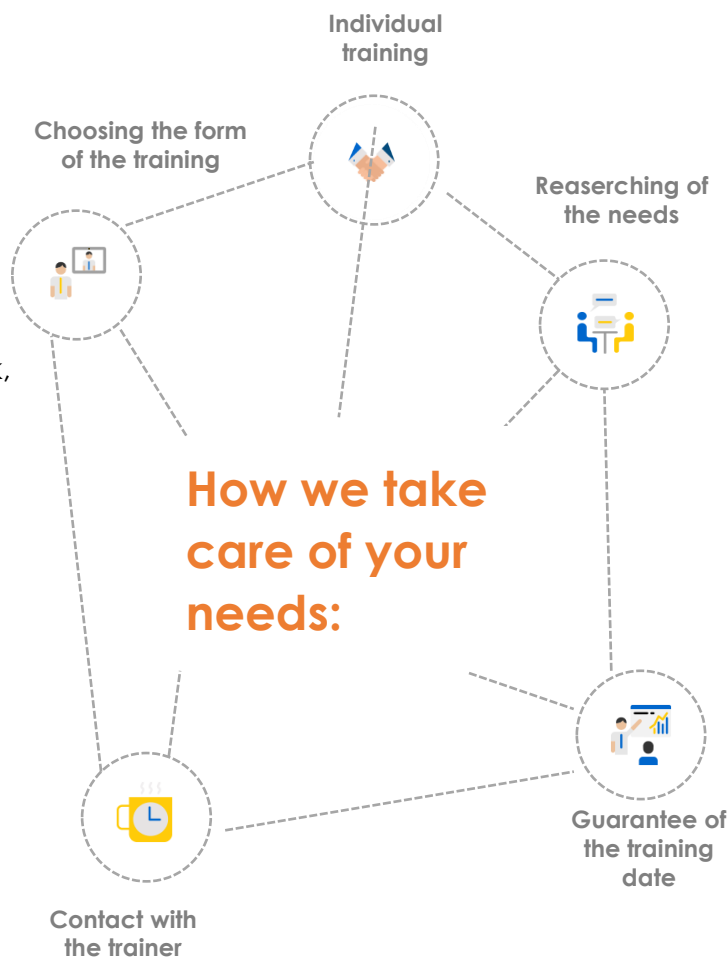
#2 Influence of emotions and motivation on personal effectiveness

- **The mechanism of the emergence of emotions and motivation** - you will discover how your behavior is determined by what you feel at the moment.
- You will learn how to deal with emotions that inhibit your effectiveness and prevent you from achieving the expected results.
- You will learn coaching techniques for controlling emotions:
 - **BOR** technique,
 - **REFRAMING** technique,
- **What you will gain?**
 - You will become aware that you can cope with any challenge if you just believe in yourself
 - You will be more open to new experiences
 - You will be proactive in approaching changes
 - You will be effective in influencing others
 - You will gain the ability to manage your emotions and stress
 - You will learn to control your motivation
 - You will look at failures differently
 - It is only up to you how you direct your thoughts. Come to the training and start enjoying the effects of your decisions and actions.

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#3 Personal effectiveness in interpersonal relations

- What 'color' your personality is - self-diagnosis of your personality type based on the Insights Discovery Personality Model.
- **Your personality preferences** - the key to effective self-motivation, communication and influencing others,
- Your strengths and areas of development: what is stressful, what motivates you to work, and what convinces you to act,
- **Persuasion and influencing** - you will learn how to choose persuasive tools for each type of interlocutor,
- You will learn strategies for effective communication with each of the four personality types.



#4 „Breaking boards ”- building personal effectiveness in practice

- Juggling 3 balls as a metaphor for the learning proces,
- Influence of habits on efficiency,
- **4 stages of learning** - critical moments in the learning process, determining the increase or decrease in motivation,
- **Autocoaching** – learning from failures,
- **Breaking inhibitory beliefs by symbolically breaking boards with a karate punch** - you will break a real board used in martial arts.



Have any questions?
Feel free to contact us.

Adrianna Ostrowska
Open Training Coordinator

789 220 112
adrianna.ostrowska@4grow.pl