Ian Rose
RESILIENCE

Combating
Negative Self-Talk
Workshop

You want the most **positive, driven and focused** people on your team. But that doesn't have to be at the loss of those gentler souls who are **intelligent, enthusiastic and loyal**. They are the people who are often just as productive and driven when provided with the right tools to overcome any issues.

Surprisingly, negative self-talk is a **frequent problem**.

Swapping the negative thoughts into positive ones **strengthens resilience** and productivity, and **improves wellbeing**.

Studies show that the average person spends 80% of their time thinking **negative thoughts**, with 95% of those thoughts being **repetitive**. It's staggering to think that self-talk could be having such a detrimental effect on your team's wellbeing and productivity.

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What to Expect in the Workshop

In this workshop, Ian provides **tried and trusted** techniques on controlling negative self-talk, giving your employees skills that are both **essential in the workplace and extremely beneficial** in their lives. These skills help people to turn negative thoughts into positive affirmations, helping them achieve the best outcomes.

Some of the techniques Ian shares are on **how to recognise when and why negative self-talk happens** and how to **change that self-talk into positive 'can-do' statements**. In turn, these techniques can increase self-belief and resilience levels.

It takes time to change a behaviour, create a habit or shift perspective. The key is to take **the first steps**. Ian guides your employees into taking those tough first steps, revealing his Olympic level techniques for controlling negative self-talk to then **achieve the best results**.

In this workshop your teams will:

- Recognise negative self-talk and the effect it has on them

- Learn why negative self-talk happens

- Create strategies to cut it out or cope better

- Develop their own positive power statement

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To discuss how the **Combating Self-Talk Workshop** will help your teams and other employees to be more positive and focused, call or email Ian.

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