

CHOICES

Choices is useful on Back To Work, Youth Club, Schools, Stress Management and other initiatives where individuals need to focus on the way things could be.

Aim :-

Choices programme is to remove the barriers of the past, enabling delegates to choose excellence over mediocrity. Engaging individuals to see how to manage negative emotions and how to raise self-esteem and take responsibility. Delegates are left in no doubt that they can fully engage in life and reach their full potential.

Course content :-

- Examination of
 - The power of the human mind. How we are programmed to respond to life through habit and that the route of the past does not have to be the road of the future. We can change our response.
 - “Success” what it means to us and how to be successful judged by our own standards.
 - We see the world not how it is but how we are. To change our world we need to change ourselves first.
 - What is important to us and have more of what we want in our lives.
 - How to set goals and persist until they become our reality.
 - Understanding that we are only limited by our own imagination.

Who should attend :-

- Anyone that wants tomorrow to look different than today.

Length of course :-

- 1 day. Could also be followed up by 1 day in house workshops, if required.
- 12 candidates

Venue :-

- Your premises