



Understanding
C W S
Confidence | Wellbeing | Success

FREE BREAKFAST EVENT
Monday 6th December call 01483 741333

Look at the image above.....

What do you see ?

If you see the face of a sad man wearing glasses, welcome to the majority of people who see the same as you.

Look again.....

Can you see the word 'Liar' ?

Look closer and change your perspective....

See it now ?

It was always there, but I bet you didn't see it first time right ?

We tend to see things at face value and form an impression from this initial perception. When we are challenged to view something in a different way, from a different perspective we may notice a totally different situation.

So by taking a different view you can see things in a different way, may be a better way or an alternative to the usual way. Evidence suggests that by taking this alternative view we are more likely to improve our outlook and performance in a range of work and life situations, we are more likely to be positive and committed to a solution as opposed to being focused on the problem caused by the narrow, negative view that contributes to frustration, anxiety, doubt, increased and prolonged episodes of stress, anger, depression and unhappiness.

We are all faced with challenges and exposed to a myriad of challenging stimuli... TV news, driving on the roads, supermarket trolley rage, economic downturn, increase in fuel prices, pressure at work to hit deadlines to name a few. The question is how are you going to view these challenges for the best possible outcome ? It's your choice ! - Want to learn more ?.....

Understanding Confidence Wellbeing Success is an interactive two day programme specifically designed to give you answers, practical tips, techniques and solutions to help yourself and others in these situations.

Some of the topics addressed include :

- ✓ Stress Management
- ✓ Thinking Traps and how to avoid them and dispute them
- ✓ Identifying your personal success criteria
- ✓ Happiness
- ✓ Grounded Confidence
- ✓ Coping with Change
- ✓ Assertiveness

Day One

Friday 28th January

Day Two

Friday 25th February

Cost

£275 + VAT

Location

Surrey


expressions