



ACADEMY

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Universities

# Enhancing Mindset - Improve Behavior

## (2 days)

The thoughts you hold in your mind, over time, become your attitudes. These attitudes become the blueprint for your experience. Changing your thoughts will change your mindset and attitude which is the key to successful behavior that lead to effective work performance.

This is a 2 day course that can give you an insight and in-depth understanding of your sub-conscious mind and the scientific technique to change your mindset and behavior that can ensure your success in life.

### Course Objective

1. To improve the overall effectiveness of the participants by equipping them with the scientific methodology of changing mindset and attitude for effective work performance.
2. To help promote mutual trust and respect among the employees for organizational effectiveness.
3. To maximize personal effectiveness for higher work productivity

### Course Content

1. You are how you FEEL – Journey of self-awareness
2. Understanding EMOTIONS & BEHAVIOR
3. The world of perceptions & EGO
4. Why we speak, and people don't listen
5. The psychology of SELF-ESTEEM - Finding inner strength and resources
6. If you could hear what I cannot say
7. Understanding the MINDSET of healing your wounded emotion

8. Building New Mindset – The language of the MIND
9. Applying Hypnosis Therapeutically in enhancing your self-esteem
10. Designing new inner qualities – Cognitive Restructuring
11. The art of building trust and respect between fellow colleagues
12. The power of INTUITION – Using Intuition to solve life problems

### **Course Methodology**

This is a practical-oriented workshop using short lectures, group dynamics and experiential exercises focusing on learning in moments of enjoyment. This workshop will be conducted by a practicing therapist sharing her latest clinical, evidence-based knowledge used in treatment.

### **Who Should Attend**

Managers, Executives, Supervisors who need to enhance their knowledge in psychology to understand their inner self better so as to enable them to change their mindset for improved work performance.

### **Course Facilitator**

Dr Zaitun Sulaiman (PhD Psychology)

Practising Psychotherapist & Reg. Clinical Hypnotherapist (GHSC 2890)

**Course Fee:** RM8500.00 (Group of 20 – 25 participants)

**For further information please fill up the inquiry form or contact us at 03-42700107 or email: [zaitun@ctawellness.com](mailto:zaitun@ctawellness.com)**