

Self Empowerment and Personal Responsibility

You can do it! Have you ever heard that and started running through your laundry list of self-doubts? *What if you couldn't do it? What if you failed?* Self-talk can make or break you. It's the stuff that rolls around in your head telling you that you are a victim or you are in control of the situation. Learn the reasons why we struggle with personal power and control and how we can use positive ways of thinking and speaking to gain power and to create purpose in our lives.

Benefits

Upon completion of this program, participants will be able to . . .

- Recognize how thoughts and beliefs impact their world
- Choose attitudes and a focus that will enhance work life with creativity and fun
- Create a personal vision and a roadmap for achieving that vision
- Develop a common focus and foundation for constructive changes at work
- Accept personal accountability for choices and actions

Topics

PERSONAL BELIEFS AND ATTITUDES

- Learning how beliefs and attitudes shape behavior
- Understanding how to create positive results from attitudes and behaviors

POWER OF PERSONAL POTENTIAL

- Recognizing the ability to create change
- Understanding the importance of self-talk to influence behavior
- Understanding the power of positive affirmations
- Recognizing the importance of personal responsibility in making changes

ENHANCING THE WORK ENVIRONMENT

- Exploring ways to create a fun environment at work
- Understanding how changes can affect personal outcomes
- Discover ways to enhance the experience of clients and customers served

POWER OF PURPOSE

- Understanding meaning and definition of purpose
- Learning how to create a vision
- Making choices to attain a vision

STRATEGIC VISION AND VALUES

- Reviewing organizational vision and values
- Exploring how to live the organization vision and values

Formats

Format consists of a full-day or two half-day interactive sessions. Program is designed for employees at all levels.

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