



TRAINING PERSONIFIED

PERSONAL DEVELOPMENT MINDSET TRAINING

Helping individuals to create a foundation
of positive change in their life

Overview!



This document constitutes an overview by Training Personified Ltd for the purpose of providing complete personal development mindset training.

The programme will help individuals to create a foundation of positive change in their life to attain and retain jobs and relationships.

This is a self reflective unique delivery that delivers positive results.

Programme Structure

Our programme tackles people's mindsets, behaviours

and their self analysis which reflects upon their actions or non actions. We will be providing the delegates with a considered "NEW ME" formula which will create the life they want. The training that individuals will experience is over a 4 session online (45 minutes each) period, which will support their development to create positive changes in their lives.

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CREATING A POSITIVE DIFFERENCE

Let's get started.



OUR APPROACH

SESSION 1

Empowering you to understand your qualities to boost your confidence

- Recognising qualities to enhance their circumstances
- Boosting confidence
- Perception is projection
- Setting the stage for change and learning
- Identifying transferrable skills for their goals
- Listing positive attributes to empower from within
- Habits and patterns as well as how they process information and their expectations of themselves and the world around them
- Language tool and reframing

BENEFITS

This session is going to help participants look within and draw out their attributes to positively have an impact within their current circumstances. Recognising that they have a foundation of skills/knowledge/abilities inadvertently raises confidence thus empowering oneself. Most people that attend these sessions do not recognise that they have defining qualities and once they become evident, it boosts their self-confidence. We shall encourage them to be aware of and look at addressing their habits and behaviours in view of making positive upgrades. We will support and empower them to identify and address their negative limiting beliefs as well as negative language that exists.



SESSION 2

Overcoming challenges and identifying your circle of influence

- What is rapport?
- How to have positive interactions with others
- How to overcome challenges and turn them into positive experience references
- Examples of good interview techniques
- Please yourself and not be a people pleaser
- Trust your judgment. Assess other people's motives and their insecurities that affect your decisions
- Focus on your goal, through desire and passion
- Completing a life audit similar to a human M.O.T
- Affirmation creation

BENEFITS

The second session will assist in building trust within them to aid participants to be ready to embrace and be motivated to seek and apply for opportunities through confidence as well as reframing techniques. We shall help them to re-programme their conversation to engage and sustain positive relationships. This will ultimately prepare them to interpret varied interactions and to be aware of how they are received by others. We teach them how to use their communication skills to get what they want from each interaction and input positive language within their own mindset. Looking at challenges that could possibly be affecting their personal development will also be addressed. This session will help them to understand tools and techniques to engage through better communication with others and to identify and a look at ways to overcome their blockers. We teach them not to benchmark themselves against others. We encourage the daily use of affirmations to help boost from within without looking for validation from others. The participants will also receive a life audit checklist form in order for them to put this into realistic practice.



SESSION 3

Identifying career opportunities with a positive mindset

- Believing in yourself and be authentic
- Develop and Learn strategies on how to stop negative thoughts and how to self coach
- Awareness of the conscious and unconscious mind
- How you can master your mind to motivate you to achieve your goals
- Action creates satisfaction
- Be proactive; do not wait for others to lead you. Become your own leader
- Do not be frightened of new situations or new career paths; enhance self-esteem
- How to create career opportunities

BENEFITS

We teach them how to “be uniquely you”. We teach them to raise their standards through realisation of their existing motivators. Help them to visualise their future and give them the encouragement and guidance how to create their own steps to make this a reality .We help them to stop talking themselves out of opportunities and learn self belief. We address procrastination and how they can turn this around to positively benefit their present and future state of mind. We give them the awareness to start implementing change using their own initiative and be confident within their own abilities. We also help them own more opportunities by understanding reacting versus responding to situations..



SESSION 4

Goal Setting and creating a winning CV

- What is their why?
- What is their passion?
- Provide techniques to go towards what you want with self reflection
- Understand they can reinvent themselves
- Help them understand the law of purpose, the law of accountability and the law of intention which equates to choices
- Get up, Get dressed, get out and take action
- The fundamentals of a CV
- CV template
- Writing a winning personal profile
- Covering letters and email templates
- Goals for change
- The power of focus

BENEFITS

Participants will gain goal setting techniques that turn thoughts into action through self motivation. This session will be their mind breakthrough and reinforcing their wants and desire to turn into actionable positive steps going forward to enhance their lives. In addition we will also address CV structures and the need to be specific and descriptive to engage the reader.

THE OUTCOMES

Once completed the attendees will achieve a self-awareness and a new outlook about themselves and the world around them. Setting future goals for themselves and their own behaviours to achieve their goals as well as look at new goals they never envisaged where possible beforehand. The full sessions will create change within the delegates and give them the self awareness. This will be a course that they can attain and ultimately retain what has been taught to provide them with a more sustainable outcome. Learning how to problem solve for the future without feeling overwhelmed. Helping attendees to maintain and embrace change and step out of their existing limiting comfort zone. Learn how to identify and look for new opportunities and to process those opportunities as achievable as opposed to restrictive. They will adapt and adopt the how to process as opposed to can't do by giving them a can do alternative mindset.