



CREATING THE FRAME OF MIND FOR SUCCESS

8 March 2016

People can be trained on a lot of techniques which help them do a better job, increase their productivity, have better working relationships, increase their sales and improve their customer service skills.

But what if people do not feel good about themselves?

What if they are negative or in a bad mood?

What if people's state of mind is not directed towards success?

Success is directly related to a person's state of mind.

The objective of this seminar is to inspire people to find the strength from within by re-training their brain to find a positive state of mind—the mind that creates success.

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Objectives of the training programme:

- Understand that there is a relationship between my state of mind and success
- Understand that my thoughts create my reality
- Understand that my emotions are my guidance system and that their management is a step towards success
- Acquire the skills to motivate myself
- Become aware that goals are achievable as long as I maintain the right frame of mind

WHO IS IT FOR?

People in search of happiness and success

ANALYTICAL PROGRAMME:

Introduction: States of mind and how reality is created

Icebreaker

Goal and agenda of programme

Connection between our frame of mind and success-wealth-happiness (joy)

“Bad” realities:

- Things not going my way
- Bad relationships
- Conflict
- Competition
- Lack of loyalty
- A bad customer
- Losing a customer
- Not closing a sale etc etc etc

“Good” realities

- Things flowing as you like them
- Closing a sale
- An “easy” customer
- Returning customer etc etc etc
- Having lots of money
- Attracting health and wealth

WHAT KIND OF REALITY DO I WANT TO CREATE?

Are we reality facers or reality creators?

But what about the circumstances? the people around me?

Thoughts

Our thoughts motivate and de-motivate us

Thoughts: what they are and what they do

A negative brain will never attract a positive life

Where is your focus? on wanted or unwanted things/circumstances/people?

Thoughts of resistance

Thoughts of allowing

Guide your thoughts Vs Controlling your thoughts

Am I a reality facer or a reality creator? What do I want to be?

Exercise

Goals and desires

Affirmations Vs Complaining

Re-training my brain to attract the good things

Personal and business goals

“I want it but....”

Where is my focus? On the absence or the presence?

Be-Do-Have

“If I get it, then I'll be happy”: it does not work like that.

Faith and eagerness states of being

Gratitude

Exercise: what do I want to create for me?

Emotions: our very own GPS

Guidance system: Am I heading towards what I want or what I do not want?

Anger-frustration-disappointment-stress

List of emotions and the thoughts behind them

Seeking for better feeling thoughts

Feel better and then act: feel better and then send the email to the customer.

Feel better and then have the meeting with your boss

Feel better and then call a new customer

Exercise: Improving my feelings

Reach for better feeling thoughts and then act.

My only enemy: me-myself and I

Self-motivation

Responsibility: ability to choose my response/my thoughts

My influence: my ability to choose my state of mind

- Contentment
- Optimism
- Achievement drive
- Complaining-judging-labelling Vs Gratitude
- Forgiveness and freedom
- Acceptance Vs Resistance
- Choice and the freedom to choose

Finale

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STEP 1- PLEASE PROVIDE THE FOLLOWING INFORMATION

I wish to reserve place(s) for the above course.

Name

Position

Company

Tel

Email

Address

NAME OF PARTICIPANT (S)

1.

Email Mobile No.

2.

Email Mobile No.

3.

Email Mobile No.

STEP 2 REGISTRATION FEE

TO REGISTER

Please register delegates for the program.
Course fee per delegate is KD 150/-

**Course Venue : RSM Training Center, Arraya Tower,
42 Floor, Sharq.**

Time : 9:00 am – 4:30 pm

Contact: Waqas Masud

Telephone: +965 22961414, 22961000

Fax: 965 22412761

E: training@rsm.com.kw

www.rsm.global/kuwait

STEP 3- PAYMENT METHOD

The course fee per delegate covers entrance to respective session along with refreshments, lunch, hard copy of course material and certificate.

An invoice with all payment details will be sent upon of registration form.

Payment must be received in full prior to the course start.

Payment:

By Cheque: drawn in favour of "Albazie & Co."

By Bank transfer:

Account Name - Albazie & Co.

Current Account No. - 06915364

IBAN - KW03 GULB 0000 0000 0000 0006 915364

Bank Name - The Gulf Bank

Address - Main Branch, Mubarak Al-Kabeer, Safat, Kuwait

REGISTRATION FORM

Contact

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