

# Self Motivation & Positive Thinking

## Course Overview

The aim of this program is to develop thinking patterns that promote positive attitude approach with a focus on self-motivation techniques.

## Course Outline

- What is Motivation?
- Motivation Cycle
- Why Motivation?
- How to be Motivated?
- Motivational Strategies
- Self-actualized Characteristics
- Attitude Nature
- 3 Components of Attitude
- A B C Model of Attitude
- Attitude and Job Satisfaction
- Organizational Factor for Positive Attitude
- Process to Change Own Negative Attitude to Positive Attitude
- Barriers to Changing an Attitude
- Measurement of Attitude
- Self-motivation Techniques
- How to Achieve Success
- Goal Setting

## Learning Objectives

Upon completion of this course, participants will be able to:

- Identify steps in the motivational cycle
- Identify strategies to self-motivation
- List factors of positive attitude
- Apply methods to change negative to positive attitude
- Set goals to self-motivation

**Who Should Attend**

All employees

**Course Duration:** Two days from 9:00AM to 4:00PM

**Registration Deadline**

One week before the course date

**Course Venue**

Top Business Training Center: 17, Abdel Wahab Selim Elbeshry St. Sheraton Heliopolis, Cairo, Egypt.

**Registration & Payment**

- Logon to [www.topbusiness-hr.com/Course\\_Register](http://www.topbusiness-hr.com/Course_Register) to fill a registration form. Alternatively you can request a registration form by mail from: [training@topbusiness-hr.com](mailto:training@topbusiness-hr.com).
- Course fees include material (Soft Copy), light lunch, coffee break and certificate.
- Payment by cheque in Top Business's name, cash to our address or by bank transfer.
- Payment is due within 3 working days from course confirmation. Your registration is confirmed only after course payment
- Payment is nonrefundable, however participant can be substituted or can attend next confirmed round of the same course or another course.

**For More Information**

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