

CHALLENGE YOUR NEGATIVE SELF-TALK	
COURSE CONCEPT	We all have that little voice in our head that whispers (or sometimes shouts) negative things about us. Whether it is telling us, we are not good enough or smart enough. Our self-talk can make it easier or harder to manage a problem or situation, which can take a toll on our mental and emotional well-being. If left unchecked, it can even lead to depression and anxiety. The good news is, that there are ways to challenge your negative self-talk and refocus your mindset.
AUDIENCE	Individuals who are seeking to assert themselves in challenging situations or are in conflict with another party.
AIMS	<ul style="list-style-type: none"> • Challenge your self-talk to manage an issue to ensure your thoughts are rational to the situation. • Develop self-confidence and self-belief to overcome negative self-talk that is holding you back.
COURSE CONTENT	<ul style="list-style-type: none"> • Understanding Self Talk • Fixed Mindset vs Growth Mindset
LEARNING OUTCOMES	<p>Upon completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • Identify your negative self-talk in non-assertive and assertive situations • Know your personal rights that empower behaviour and self-talk • Understand your personal myths that are holding you back • Develop a vision board of whom you want to become • Develop a Growth Mindset
LEARNING ACTIVITIES	<p>The online course consists of the theory with a range of interactive activities that include:</p> <ul style="list-style-type: none"> • Application of course theory to your workplace and situation • Experiential learning activities • Individual exercises • Self-evaluation questionnaire • Insightful questions for deep reflections • Reflective practices on course content and activities • Viewing video clips with reflections on your learning • Writing an Action Plan to achieve your career goals
DURATION	Self-paced learning, approximately 1.5 hours
CERTIFICATE	Upon successfully finishing the complete course, students will receive a <u>Certificate of Professional Development</u> .

**FURTHER
INFORMATION**

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