



Corporate Coach Group

Training that transforms



Training Plan Resilience and Positive Mental Attitude Training

A Training Plan for Your Organisation

What is the purpose of the training?

Emotional Resilience and Positive Mental Attitude Training is a one-day training programme aimed at enhancing emotional and mental well-being of teams.

The course focuses on improving emotional resilience by teaching people how to overcome negative emotions and cultivate positive ones.

By attending the course, people learn how to adopt a positive outlook, maintain emotional stability and transform challenges into growth opportunities.

Positive Mental Attitude Course Summary

Emotional Resilience is the ability to successfully handle the stresses, strains and difficulties of modern living.

Positive Mental Attitude is the ability to create and sustain an optimistic mindset, even while managing difficult times.

We are all under time-pressure; we all experience problems, setbacks, difficulties, and defeats. Their combined effects can drain our energy, leading us to feel stressed and dispirited.

Emotional resilience is the art, skill, and habit of absorbing the negative elements of life and NOT allowing them to defeat and deflate our spirits. Instead, we learn to use difficult circumstances to grow even stronger!

That's our purpose: We will help you achieve your goals.

What is Mental Resilience Training?

Mental resilience training teaches a set of physical, psychological, and emotional "tools" that allow you to absorb life's difficulties while maintaining your emotional stability, rationality, positivity, health, and optimism.

The course content is a terrific blend of psychology, physiology, stress management, time management, and continuous improvement. The result is the ability to manage life's stresses and USE them to make yourself feel stronger, more confident, and optimistic.

Learning Outcomes for the Positive Mental Attitude Course

- Understand the self-fulfilling prophecy: Impact of thoughts, emotions, and beliefs on life.
- Build good habits: Importance for energy and mental health.
- Understand the connection between thoughts and emotions: Power of the mind.
- Overcoming negative emotions: Path to emotional mastery.
- Fostering positive emotions: Mindfulness and planning.
- Ask leading questions: Enhancing emotional management.
- Reframing negative events: Building emotional resilience.

Customer Review

“ The content was very useful and relevant and included a lot of interactive elements to keep you interested and focused. I like the idea of the summary points and quotes at the back of the manual, that we wrote down each day. Alison delivered the course to perfection. I have never been in a course led by someone so engaging and with such presence, without being domineering or intimidating

*Jade Leong
UHY Hacker Young LLP*



Positive Mental Attitude Training Course Overview

What is Emotional Resilience?

- Definition and importance of resilience.
- Benefits of being resilient in the workplace and personal life.
- The science of resilience: How our brains react to stress and adversity.
- How to manage the intensity, duration, and frequency of stress.
- Objective stressors are imposed on you from the external environment.
- Subjective stressors, we impose on ourselves due to poor habits of thought, communication, and action.

How to Build Resilience and a Positive Mental Attitude:

- Control the thoughts that dominate your mind.
- Control your conversations.
- Understand how other people can affect you (in both good and bad ways).
- Recognise how your physical body state affects your emotional state.
- Create more energy and physical vitality.
- Reframe adverse situations into learning experiences.
- Create and sustain a positive mental attitude, especially during tough times.
- Prioritise tasks so you don't overwork and exhaust yourself.
- Use these ideas for continuous improvement.
- Apply these ideas to help others.

Customer Review

“ Excellent content with summaries of all-important points. SMART targets and 8 Success formula questions were most beneficial. The presentation had a good balance between light-heartedness and importance. Take home messages were well reinforced.

*Rob Hollifield
Immucor*



Positive Mental Attitude Training Course Details

Day 1 - Morning

Control the thoughts that dominate your mind.

Thoughts create feelings. If we want to influence how we feel, we can do that by becoming aware of and controlling the content of our dominant thoughts.

Positive Mental Attitude

Control your conversations.

Thoughts are expressed in mental images and internal conversations. If we want to control our thoughts, we can do that by becoming aware of and controlling the conversations we have in our minds and with other people.

Other people affect us (in both good and bad ways).

Conversations with others affect our feelings. Some people inject negative emotions into our minds; other people inspire positive emotions. We become more aware of the two kinds of people, and we favour the positive while reducing exposure to the negative kinds.

Your physical body affects your emotional state.

Mind and body are one integrated system. If the body is well, the mind feels better. If the body is unwell, the mind feels worse. If we want to feel better emotionally, then we can do that by making the body healthier through proper sleep, nutrition, and exercise.

Day 1 - Afternoon

Create more energy and vitality.

Being happy takes energy, which must be generated by good health habits. We will design a set of health habits that generate abundant energy and eliminate bad health habits that rob us of energy.

We "Reframe" bad events to make them empower us.

It is our interpretation of events that cause our emotional responses. If we interpret an event to be fearful, then we feel afraid. If we reinterpret the SAME event to be exciting, then we feel excited, NOT afraid. The event remains the same, but we feel differently because we reframed the meaning of the event. If we want to change how we feel, we must interpret events in ways that empower us, and we stop interpreting events in ways that disempower us.

Create and sustain a positive mental attitude, especially during tough times.

It's easy to be positive when things are going well. It is not so easy when things are going badly. But that is when we need it most. We will create a system that triggers us to use our emotional intelligence when we need it most.

Prioritise tasks so you don't overwork and exhaust yourself.

Stress is often caused by trying to do too much at the same time. Stress can be reduced by prioritising tasks and putting things in their correct order of importance. We then tackle one task at a time. That reduces stress and keeps us moving forward.

Use these ideas for continuous improvement.

Success is not an event; it is a process, which is based upon five words: Purpose, plan, action, feedback, change. The system is so simple, and we can use it to make ourselves more successful by consciously using the continuous improvement success formula.

Apply these ideas to help others.

Now that we know how to help ourselves, we can use the same methods to help others. Let's help other people manage their emotions and feel stronger, more resilient, and positive.

Training Costs / Investment

Bespoke In-House or Live-Online Course

£2,250 + VAT per training day, (8 – 16 delegates)

Plus, travel and hotel accommodation for trainer if needed (Premier Inn type)

International Price Varies

In-House training has been designed to provide a similar experience to our open courses, however we can tailor the content to fit your specific needs.

We are able to train in your timezone.

All our training includes:

- A full day of quality training, delivered by an experienced trainer
- Total of 6 CPD training hours (usually 9am - 4.30pm), plus an additional 2-3 via post-course online independent learning
- Full course training workbooks
- Training certificate
- Access to additional free training material after the course via our post-course portal
- 3 months free telephone coaching: Whilst you are implementing what you have learned, if you need to, you can contact us for support and guidance

We suggest the following plan of action:

Please send to us:

1. Any amendments or changes you wish to make to the programme.
2. Your thoughts.
3. The next step you would like us to take.

Thank you.

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Customer Reviews

- “ I felt I have benefited from this time management course today. I feel it has taught me to rethink and improve my way of working and time managing in the workplace and personally. The trainer presented very well, easily explained to the extent of understanding the course. Overall happy with today and I would recommend to anyone.

*Katie McIlvenny
Driver Hire*

- “ I found the course to be excellent and have been provided with some very useful tools that I will be able to use in both my professional and personal life. The trainer's presentation was very good

*Nicky Earl
Cheshire and Merseyside CSCL*

- “ Very useful and constructive two days, with new information and techniques, alongside reinforcement of existing systems of management. The trainer's presentation was very clear with detailed explanations, along with practical examples.

*Simon James
Swatch Group*

- “ This course was very relevant and informative and has given me the confidence for the future in knowing that I am following best practice guidelines to manage my team effectively. The trainer was informative and easy to understand. A very enjoyable course.

*Chris Waring
Pinnacle Communications Ltd*