



you can go beyond what  
you think is possible

## POSSIBILITY THINKING

This programme aims to explain how an understanding of how the Mind works can assist us in looking at change as an opportunity rather than a series of daunting obstacles.



build a great team that is fun and  
fulfilling to be part of

### Session 1: Working Smarter



**Yes – you can teach an old dog new tricks!**

Session 1 is where we look at how we all learn differently, take information in differently and how we need to be open to different ways of doing things if we are to maximize our potential in “Working Smarter.”

This is an interactive session with participants experiencing all perceptual learning styles and learning about the role of Brain Dominance and the need for openness to ideas that might be different to those we might normally hold. We begin with some basic activities to build mutual understanding and knowledge about each other and the benefits of working as a team.

### Session 2: The Alpha Levels of the Brain



**Yes - you can feed a tired brain! Some "working smarter" tricks.**

As busy professionals in the KNOWLEDGE AGE we need to understand the concept and skills of Whole Brain thinking and the importance of physical and mental integration. This leads into an understanding that it is in the Relaxed state that our brain fully utilizes higher order thinking. Serious sports people and athletes would never contemplate competing without the routine of both mental and physically warming up. So too there are physical movements and mental exercises that allow us to think more clearly and creatively with dynamic results. There are ways to center ourselves and begin to take control of our mental processes.

In this session we will explore some of the new research in Quantum Physics and link it to what we know about Brain wave patterns. We will explore the idea of stress management through an understanding of the research with practical exercises and tools that will be built on throughout the workshop.

### Session 3: Possibility Thinking



**Yes – you can go beyond what you think is possible!**

This session is devoted to an understanding of how thinking works and how we can be our best coach or worst saboteur in achieving our goals, merely by the words that we use or by relying on old past successes that can limit our movement forward.

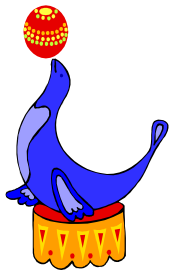
In this part of the session we will also look at Spencer Johnston’s “Who Moved My Cheese?” It is a story to challenge us to be always ready for change so that we can enjoy the journey and not automatically be daunted by it. There are skills that assist us to thrive with the challenge and pace of modern day change.

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The power of self-talk will figure highly here as will the positive and negative effect this self-talk can physically have on the body.

We will also look at Stephen Covey's "Circles of Control and Influence" and the need for our body's health sake alone to be proactive in our interactions and dealings with others. We will also experience the detrimental effect of blame on our own bodies

## Session 4: The Balance



**Yes – you can juggle lots of balls - its called living.**

This session unashamedly challenges the participants to the fact that if they want to take good care of their clients and team members, they must first begin to take care of themselves.

Like all the other sessions there will be simple skills taught that will make the world of difference in how we build our Stress Hardiness and Re- kindle the Joy in all aspects of our lives, especially our working environment.

## Session 5: Vision & Visualization



**Yes – you can set yourself up for success!**

In elite level sport, Visualization is a vital skill. It is the mental advantage in many key performances.

To be able to visualize success you have to have a vision. Some time will be set aside in this session for participants to be involved in a process of re-visiting their vision and matching it to their bench marks for success in both their personal and working lives This will then lead us into a process of 'Visualizing the Vision' and tapping the unused potential of our creativity.

## Outcomes from our perspective :

Any training that we do has to be practical, skills orientated and fun. We will "walk the talk" so the participants will experience good processes which they, in turn, can adapt to their own training to make it even better than it is now.

The benefit of the training being in-house is that we can specifically look at how the ideas can be utilized in your situation.