

CHANGE YOUR THINKING

Positive & practical ways to challenge negative thoughts and self-defeating behaviours.

About the Session

Through the lens of Cognitive Behaviour Therapy (CBT), the course provides essential skills in changing the way we 'view' difficult thoughts to positively affect our behaviours both in and out of our work environment. Participants will learn:

- An introduction to CBT and how it can be used effectively to reduce the influence of negative thoughts.
- How to use the ABCD model to identify the stimulus, beliefs and consequences of a situation.
- How to change rigid faulty thinking into flexible and helpful thoughts.
- How to dispute illogical & biased thinking to reduce the negative impact of our feelings
- How to record and monitor our disputed thoughts to reinforce positive behaviours.

Who is it For?

Everyone can learn how to dispute their rigid beliefs and thought patterns to 'reframe' their thinking to live more meaningful lives. Therefore, this course is suited to all staff from front-line service providers & administrators to supervisors, managers, senior managers and C-suite executives.



Prequalified Supplier Arrangement

Workshop Details

Delivery: Internet via Zoom/Teams App
Cafe, Theatre Style layout

Structure: Interactive/camera-active

Time: 60 minutes

Class Size: 5-20 pax

Cost: \$200 per person

The Trainer

David Contarini is an dynamic and accomplished facilitator from humble beginnings as a physical education teacher to delivering engaging content in the leadership, events, sports management, road safety education & health and wellness sectors. David holds a Masters Degree in Management and Diplomas in Teaching, Events Management and professional Counselling.

