



FOCUS Session

WORD POWER: Change Your Life by Changing Your Language

This focus session will provide an in-depth exploration of how the words you use affect those around you and the way you view and interact with the world. Subtle changes in our language can dramatically affect our experiences in life, at work and in our relationships.

This focus session is designed to explore positive language techniques that will shift the way you view the world and how it views you. It includes:

- What our sub-conscious hears when we use negative language
- Words to avoid and words to introduce to your vocabulary
- Selecting words that will produce action in ourselves and in others
- How positive self-talk actually works.

By following and practicing the tips and techniques explored in this session, you will be amazed at how quickly your relationships, productivity and general outlook on life change.



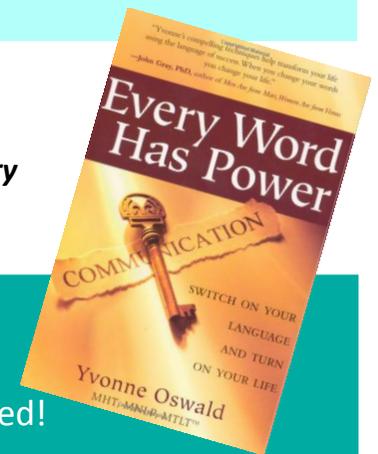
LEARNING OUTCOMES

MPS Training Focus Sessions are designed for optimal discussion and interaction. Our trainers use current effective facilitation techniques to ensure all learning styles and thinking preferences are addressed to ensure every unique learner achieves the key learning outcomes:

- Describe how our conscious communicates with our sub-conscious
- Explain how our sub-conscious reacts to different words
- Identify low and high-energy words and phrases
- Describe the self-talk process and likely consequences of different words
- Design and implement a healthy self-talk habit that produces desired outcomes.

\$132 per person (GST inclusive)

Includes training materials **plus a complimentary book: *Every Word has Power*** by Yvonne Oswald



VENUE:

MPS Training Centre
Unit 9/141 Flemington Road Mitchell,
ACT

Check our website for course dates

Book now!

Contact our friendly MPS Training staff today, but be quick as seats are limited!

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