MERCURY

# Developing Personal Effectiveness and a Positive Attitude

20 – 24 December 2026
Kuala Lumpur (Malaysia)



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# Developing Personal Effectiveness and a Positive Attitude

**Ref:** 121234_1023855 **Date:** 20 – 24 December 2026 **Location:** Kuala Lumpur (Malaysia) **Fees:** 4600 Euro

## Introduction:

Developing Personal Effectiveness and a Positive Attitude is a transformative training that helps individuals unlock their full potential through self-awareness, disciplined thinking, and a constructive mindset. Over the duration of this course, participants will deepen their understanding of how their thoughts, beliefs, and habits shape their performance and well-being. The program also emphasizes building a strong self-image and resilience, enabling learners to manage challenges with confidence.

By fostering a proactive, optimistic outlook, the Developing Personal Effectiveness and a Positive Attitude course cultivates lasting motivation and purpose. It offers practical strategies to convert negative self-talk into empowering language, enhancing both personal and professional relationships. Ultimately, it builds the foundation for sustained productivity, growth, and high morale in every area of life.

## Targeted Groups:

This Developing Personal Effectiveness and a Positive Attitude training targets professionals seeking specialized knowledge and skills:

- Individuals aiming to boost self-confidence and personal growth.
- Managers who want to lead with optimism and resilience.
- Team leaders are looking to build a positive and productive work climate.
- Professionals coping with stress, setbacks, or negative thinking.
- Employees seeking to improve motivation, discipline, and self-management.
- Anyone committed to developing a growth mindset and improving their soft skills.

## Course Objectives:

Participants will achieve the following objectives by completing the Developing Personal Effectiveness and a Positive Attitude course:

- Gain clarity on their personal values, self-image, and how these influence performance.
- Learn to identify and replace limiting beliefs and disempowering thoughts.
- Build techniques to sustain a positive mental attitude, even in challenging situations.
- Master self-discipline strategies to improve consistency, focus, and internal motivation.
- Strengthen their communication by adopting empowering and encouraging language.
- Cultivate gratitude, appreciation, and resilience to maintain long-term productivity.
- Develop actionable plans to apply these principles in daily life and at work.

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## Targeted Competencies:

Participants will gain the following competencies during the Developing Personal Effectiveness and a Positive Attitude program:

- Self-awareness: insight into personal strengths, thought patterns, and self-image.
- Emotional regulation: the ability to manage negative emotions and shift mindset.
- Positive thinking: mindset shifts toward optimism, learned optimism, and affirmations.
- Self-discipline: building habits, choosing responses, and developing purposeful routines.
- Communication: using positive and empowering language, word empowerment, and gratitude.
- Resilience: bouncing back from setbacks and maintaining motivation over time.
- Interpersonal influence: fostering positive relationships and expressing appreciation.

## Studying Scenarios:

In this Developing Personal Effectiveness and a Positive Attitude training, participants will develop their skills through the analysis of the following scenarios:

- A team leader struggling to motivate their underperforming team after a major project failure, learning to reframe setbacks through optimism.
- A professional battling self-doubt and negative self-talk who practices replacing limiting beliefs with empowering affirmations and self-image work.
- An employee manages workplace conflict by consciously choosing positive, constructive language to de-escalate tension.
- A mid-level manager under high stress who applies disciplined routines, self-motivation techniques, and goal-setting to maintain performance.
- A person experiencing burnout rebuilds resilience by practicing gratitude, self-appreciation, and a proactive mindset.

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# Course Content:

## Unit 1: Mind Empowerment:

- Defining “thought” and exploring how mental processes precede actions.
- Distinguishing between conscious and subconscious thinking.
- Harnessing the power of imagination and mental visualisation.
- Introducing teleological thinking: using purpose to guide decisions.
- Identifying disempowering thought patterns.
- Applying a “replacement principle” to swap out limiting beliefs.
- Cultivating an intentional, disciplined character.

## Unit 2: Self-Image and Self-Esteem:

- Unpacking the concept of self-image and its influence on behavior.
- Examining sources of a low self-image and steps to build confidence.
- Understanding how external expectations shape your self-perception.
- Using choice-making to redefine personal identity.
- Exploring the “screen of reality” through perceptual filters.
- Reframing how you process events and emotional responses.
- Creating a new, positive mental self-portrait.
- Strengthening healthy self-esteem through self-acceptance.

## Unit 3: Attitude Empowerment:

- Defining attitude and its decisive role in success.
- Exploring the “85% × 15% attitude success factor” external vs internal influence.
- Learning from historical or real-world stories about perseverance.
- Techniques for attitude adjustment in adverse situations.
- Building supportive networks: surrounding yourself with positive, growing people.
- Daily practices: reading, listening, and motivation routines.
- The role of laughter, humor, and optimism in mental resilience.

## Unit 4: Word Empowerment and Positive Language:

- Recognizing the power in every word you speak.
- How words can uplift, build, or destroy.
- Crafting affirmations and empowering statements.
- Using language to influence oneself and others positively.
- Reflect on how your vocabulary reveals underlying thought patterns.
- Effective decision-making through conscious, deliberate speech.

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## Unit 5: Appreciation, Gratitude & Motivation:

- Exploring appreciation as a fundamental psychological need.
- Practicing daily gratitude: techniques and mindset shifts.
- Expressing appreciation in personal and professional relationships.
- Learning motivational drivers: internal vs external motivators.
- Understanding the physiological and psychological effects of motivation.
- Identifying common causes of demotivation and burnout.
- Implementing a three-step motivation empowerment process.
- Designing a proactive lifestyle plan with concrete action steps.

## Final Insights & Key Takeaways:

By the end of this course, participants will emerge with a renewed sense of purpose, self-confidence, and the tools to sustain a positive attitude in any environment. They will be ready to translate their inner mindset shifts into practical, consistent action for long-term personal and professional growth.