

Title: The Winning Edge (A motivational examination of self belief in the determination of success)

Aims: Be a winner

Objectives: Examine motivation
Practice affirmations
Examine how to change your self belief
Explore successful winners

Target Audience: This course is for candidates to develop their motivation and self belief further.

Course Content

- What is motivation
- How self belief is formed
- Changing yourself
- Affirmations
- Internal states
- Conscious v unconscious
- Visualisation
- Future pacing
- Emotional success

Commentary

This is like nothing you have done before, it will transform the way you view yourself and how you motivate yourself. Drawing upon the latest psychology techniques, this is a powerful way of changing and developing your self belief. The techniques have been specially chosen and are both easy to develop and practise.

You will finish this course and nothing will look the same again!