

# Communication skills workshops: Spring/Summer 2013

## Taking a positive view: What's the point?

One-day workshop, Thursday 16th May 2013

This workshop challenges participants to explore the potential benefits – personal and business – of choosing to take a positive view in a given situation as opposed to slavishly following our often in-built tendency to make a negative interpretation.

Far from promoting a rose-tinted view of the world, the emphasis is on providing practical tips and techniques to help create a balanced view – which might create a better outcome.

### The difference it will make

- ❖ Healthy dialogue, where extremes of positivity or negativity don't go unchecked
- ❖ Diminished levels of unfounded and unhealthy cynicism
- ❖ A healthier environment in which good ideas gain traction
- ❖ Better decisions, based on more balanced views

### What we cover

- ❖ Identifying the potential benefits of taking a positive view and the implications of not doing so
- ❖ Discussing the range of positivity people have at their disposal
- ❖ Exploring entire professions where taking a negative view helps – some of the time
- ❖ Considering the extent to which our 'inner voice' is often negative in nature and can go unchallenged, yet may form the basis for our actions
- ❖ Learning to argue with yourself – constructively
- ❖ Exploring the impact of the language that 'positive' and 'less optimistic' people tend to use and how to challenge it where appropriate



- ❖ Case studies to explore what is really going on in a given situation – as opposed to simply going with a negative interpretation
- ❖ Discussing how minds can gather evidence for positive outcomes too
- ❖ Techniques to help focus on the positives, while maintaining a balanced view

### Who it's for

People and teams who are faced with challenges, cynicism and negativity – well-founded or not – and want to create positive outcomes for themselves and those around them. Previous participants have included entire project teams as well as leaders in organisations delivering major change programmes.

Cost: £450 (incl vat) per delegate

Price includes lunch and refreshments throughout the day

Location: Central London

For more information and to book, email:

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