

90 Minute Leadership



OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

"Understanding Your Negative Mind"



We all have those inner critical voices, that during different times of our life can sound louder or feel more debilitating. Most of us have been triggered by a person or a situation that has made us feel stressed, angry, hurt, lacking in confidence and scared, all quite natural negative mindset responses. Yet most of us can get caught up in the lies and negative habits that continues to keep us stopping from working effectively, building positive working relationships, or even feeling happy.

Ideally, we need to view the world positive 75% of our time to live a happier, longer and healthier life. Sadly, not many of us do.

In this 90-minute interactive session you'll learn how to shift your mindset and learn about:

- The neuroscience of your mind.
- How your body and mind reacts to stressful situations.
- The difference between anxiety and stress.
- Discovering your loudest and most impactful critical voice(s).
- Tools to manage your mind that are pre-planned and preventative, as well as in-the-moment techniques.

Attendees will come away with easy to use daily technique to help them manage their mindset, and an action plan to share with colleagues, family and line managers.

Who will benefit from attending this session?

Everyone who wants to reduce the impact of critical thinking and get back in control of their negative mind.

Speaker:
Kate Flory,
Kapow Coaching

Time:
3.30pm – 5.00pm

Date:
Wednesday 6th March 2024

Register for the session –

<https://link.webropol.com/ep/onlineleadershipunderstandingyournegativemindnov2024>