

Positive Mental Attitude Training

Unlocking Resilience, Optimism & Workplace Energy

Programme Overview

This 2-hour intervention is designed to empower participants to cultivate a positive mindset, strengthen resilience, and harness optimism to improve workplace performance and personal wellbeing. Through interactive activities and reflection, participants learn practical tools to shift perspectives and build constructive habits.

Learning Objectives

- Understand the concept of Positive Mental Attitude (PMA)
- Recognise the impact of mindset on performance and relationships
- Learn strategies to reframe challenges into opportunities
- Practice optimism and resilience-building techniques
- Create a personal action plan for sustaining positivity

Session Flow

Session 1 – Introduction & Mindset Awareness

- Icebreaker: *Optimism Story*
- Understanding PMA: definition & benefits
- Reflection: *How attitude shapes outcomes*

Session 2 – Tools for Positive Thinking

- Reframing negative thoughts
- Gratitude and visualisation exercises
- Reflection: *Circle of Positivity*

Session 3 – Building Resilience

- Stress management through positive focus
- Reflection: *Turning setbacks into comebacks*
- Personal PMA Action Plan

Who Should Attend

- Students
- All working professionals
- Team leaders & supervisors
- People seeking to enhance resilience and harmony in life

Key Takeaways

- Practical tools for cultivating positivity
- Improved resilience under stress
- Enhanced teamwork and collaboration
- A personalised PMA action plan