

# Positive Attitude at Workplace

**Duration:** 2-days  
**Time:** 9:00 am – 5:00 pm  
**Location:** Abu Dhabi, UAE  
**Fees:** AED 1,980 per person

## Who should attend?

This course is designed for anyone who works in a corporate environment who needs to master the principles and practices of stress management and a positive attitude. From senior managers/directors to administrative and technical staff and anybody who might work in a corporate environment.

## Modules

- The bullets of Negative Attitude
- Choosing the right luggage
- The quality of change
- Negative Thinking and Pessimism
- Changing Negative thinking to Positive thinking
- The ABCDE Method
- Adopting positive habits
- Tips to have positive energy



**Reach our team for more information and course registration.**

**This course is offered to you by:**



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