

## **HOW YOUR THOUGHTS CREATE YOUR REALITY**

**This topic is one of Paul's most requested topics!**

**It's Transformational and Effective for Personal Growth, Managers and Staff.**

During this training, Paul discusses how core beliefs about who we are as human beings shape the choices we make. He shows how negative beliefs and drivers lead us to make certain decisions. A person who thinks he or she is unimportant will make decisions in an attempt to prove that it's true, and these patterns often repeat themselves. Paul also discusses how believing negative things about who we are is actually lying to ourselves.

This training shows how personal beliefs set up patterns in our lives, both at home and in the workplace. For example, a supervisor who thinks he or she is unimportant will make decisions on how to handle tasks, treat others and do their job based on that being true.

This training helps people understand what their own beliefs are, how to be gentle with themselves and break through limiting beliefs to lead healthier and more fulfilling lives.

### **Results Include:**

More comfort with who we are

Increased productivity in life, at the workplace

A safer, thriving work environment

### **Topics Include:**

The power of positive choices, what works and what doesn't

Mistakes happen

The power of "Sabotage"

What are your negative beliefs

How to overcome these beliefs