

Restricted beliefs

Group Training

Training code	CGABELE1CD
Spoken Language	Dutch
Language Materials	Dutch
Dayparts	1
Price	€400,00 excl. VAT No extra costs.

What is Restricting beliefs

We think in certain patterns. This is very useful in many situations and helps you respond quickly. But sometimes you get stuck in such a pattern, making it difficult to see new possibilities. Are you ready to tackle that?

Limiting beliefs can be persistent because they stem from past experiences, ingrained patterns, life events, or influences from your environment. You can address a limiting belief by rethinking it, but also by questioning what is a fact and truly true, and what is merely your idea or perception of the situation. Looking from different perspectives helps you stay in motion. Learning to view things differently is important in leadership. Sometimes you are expected to be a role model and come up with ideas that no one has thought of yet. In this training, you will practice broadening your perspective, gain insight into your limiting beliefs, and learn ways to handle them differently.

Who should attend Restricting beliefs

- Team Leaders: Enhance your leadership by learning to identify and overcome limiting beliefs.
- Managers: Develop new perspectives to tackle persistent challenges and inspire your team.
- HR Professionals: Gain tools to support employees in breaking through their limiting beliefs.
- Entrepreneurs: Learn to rethink obstacles and drive your business forward with innovative ideas.
- Coaches: Equip yourself with techniques to help clients overcome their limiting beliefs.
- Project Managers: Improve project outcomes by addressing and rethinking limiting beliefs.
- Educators: Foster a growth mindset in students by understanding and challenging limiting beliefs.
- Consultants: Provide clients with strategies to overcome limiting beliefs and achieve their goals.
- Executives: Lead by example by breaking through your own limiting beliefs and inspiring others.
- Personal Development Enthusiasts: Learn to identify and overcome your own limiting beliefs for personal growth.

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Prerequisites

There are no specific prerequisites. However, it is important that you are willing to work on your own limiting beliefs, be open to vulnerability, and embrace new perspectives.

Objectives

At the end of the training you will be better able to:

- Break through your thinking patterns
- Rethink limiting beliefs and problems
- View situations from new and different perspectives.

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