

Positive Thinking and Acting (NL)

Group Training

Training code	CGAPDEDOCD
Spoken Language	Dutch
Language Materials	English
Dayparts	2
Price	€700,00 excl. VAT No extra costs.

What is Positive Thinking and Acting

Growth and development are a common thread in the life of a professional. You can see it in development plans, performance evaluations, coaching discussions, and team reflections.

We are accustomed to seeking solutions from problems: problem-focused thinking. In this training, we do things differently. You'll learn to direct your attention towards opportunities and possibilities, drawing from insights in Positive Psychology. Science has shown that focusing on the positive unleashes new energy, making you and your surroundings feel more empowered.

Positive Psychology provides tools to help you work from a positive mindset and initiate change. This can make a difference for yourself, others, and your team.

Growth Mindset and Feedforward are central topics in the training. A Growth Mindset is the belief that there are no limits to development. With a Growth Mindset, you progress more quickly in your personal and professional journey. Feedforward is a conversational tool that emphasizes the future and possibilities. It's used to empower and assist in the development of both yourself and your surroundings.

Who should attend Positive Thinking and Acting

For professionals who aim to make a meaningful and impactful contribution to their own development, as well as that of others, teams, and organizations, through a positive mindset.

Prerequisites

We recommend following Empathetic Listening training before attending this training.

Objectives

At the end of the training, you will have learned:

- The benefits of working from a Positive Psychology perspective



- The difference between a fixed and a growth mindset
- How to foster a growth mindset
- The power of feedforward
- How to apply feedforward by engaging in activating conversations

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Capgemini Academy's professionals offer what people in IT need. Our professionals have a keen eye for motivation, talent and are aware of specific contexts and circumstances. They move people to move. Programmes and courses that originate from daily experience of our both didactical and substantively strong trainers, light a fire within the individual IT professionals. Real life stories of our professionals' experience that tell how to solve problems and work with the people around it, do the rest.

An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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