

Positive Attitude and Ways of Managing Stress for Adaptability

Continuing Professional Development

Instructor:

George Guirgis, BSc, MBA, PhD

Aim:

Positivity in professional settings is essential for both organizational sustainability, and for helping us improve as individuals. Employees that take a positive approach when managing daily tasks, and communications, will have high morale that leads to greater productivity and job satisfaction. Negativity breeds contempt in any setting, while positivity breeds a constructive environment where everyone enjoys work. The first major step is to build a foundation of positivity that remains at all times.

Objectives:

Through this seminar you will discover ways to manage stress and minimize concerns, encourage positive thinking within the team, handle fast-changing workplace conditions and commit to continuous improvement.

11 May 2023
09:00 – 12:15 (3 CPD Units)

Registrations:
Fee: €140
Click [here](#) to register

SEMINAR PROGRAMME

		Positive Attitude and Managing Stress for Adaptability
Time	Duration	Description
9:00-10:30	1:30	Section 1 <ul style="list-style-type: none"> • Creating structures • Motion vs. stillness • Longer horizons • Moving in-motion • Re-shaping mindsets • Undefeated • Breaking barriers • Fail big: to succeed
10:30-10:45	0:15	C O F F E E B R E A K
10:45-12:15	1:30	Section 2 <ul style="list-style-type: none"> • Master emotion • Intentional thinking • Strategic thought
Total Net Duration	3:00	END OF SEMINAR

Certification:

All participants will be awarded a certificate. Each hour of attendance will account for one unit of Continuing Professional Development (CPD) as required for members of most professional bodies.

In-house Seminars:

Globaltraining has been cooperating with many companies in Cyprus and abroad for covering their in-house training needs. Some of these companies are large multinational companies with presence in Cyprus and abroad. The clients we serve include a wide range of industries, including banking, accounting and audit, investment services firms, telecommunication, construction and retail. Tailor-made seminars are offered upon request from clients.