Human Resources, Leadership & Management

The Psychology of Success

Course Details

Price

£235.00

CPD Points

4.00

Length

Half day (09:00-13:00)

Course Overview

This course draws on proven research in cognitive science, and extensive experience on driving effective change within the context of individuals, teams, and organisations. It provides skills and techniques that can be applied immediately for delegates to reach their goals and unleash potential.

Please note that this course will be delivered online by the tutor.

Content

The course will cover the following topics:

How the brain responds to goal setting

- How the brain views the world: perception and belief in performance
- Mindset formation
- Concepts of Gestalt Psychology - goal setting

- The roles of habits and attitudes in performance

Framing success and effective goal setting

- Self-talk and the success cycle in modelling high performance
- Affirmation and visualisation techniques
- Motivation and self-esteem in maintaining momentum
- Leadership and the thought processes of successful people

Benefits

This course will appeal to delegates seeking higher performance through self-evaluation of their current strengths and the skills to set more ambitious goals with added motivation. It is beneficial for delegates at every level of the organisation and can work well for both individuals and teams.

Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via **admin@gta.gg** or call us on 01481 224570.

If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

Course Tutor

Mike Elward

Mike Elward BA (Hons) MscEcon PGCE, brings over 20 years of experience in education and management, with a decade in senior leadership roles at the highest level. He has a proven track record of empowering individuals and teams to achieve their full potential. Prior to his career in education, Mike served as an officer in the Royal Navy, where he developed strong leadership skills in demanding environments. He holds an undergraduate degree and a master's in History, Politics, and International Relations, along with a Postgraduate Certificate in Education (PGCE). As an expert in coaching and change management, Mike is passionate about guiding

organisations through transformative processes. His commitment to success drives him to help individuals unlock their potential and reach their goals.