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SOFT skills

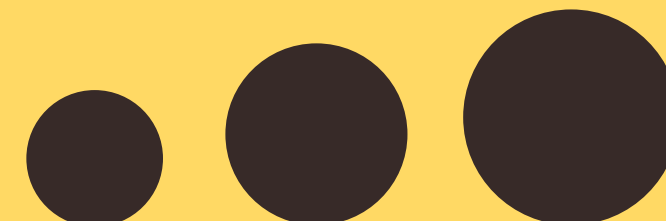
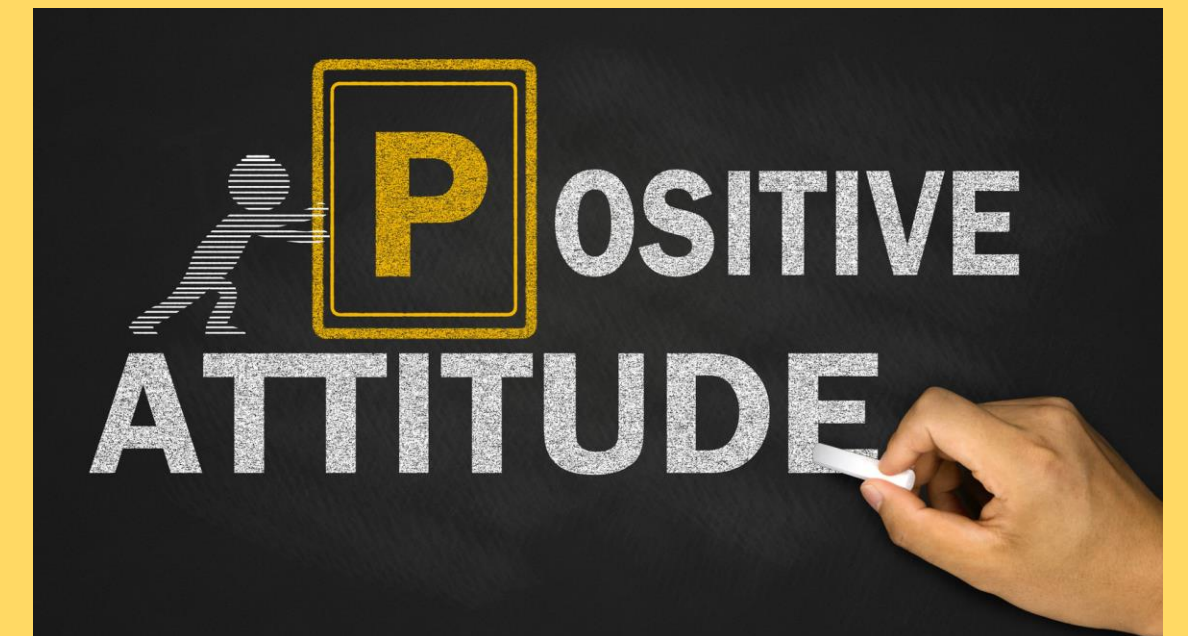
Soft Skills for Youth
Employment

Positive attitude



**SOFT SKILLS
FOR YOUTH
EMPLOYMENT**

2022-1-TR01-KA220-YOU-000087078





Positive attitude



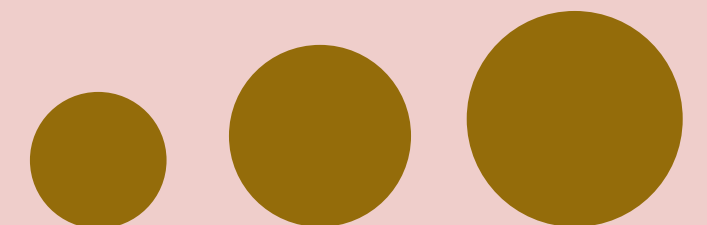
**1.5
hour**



25-30 participants



- **Projector and screen for presentations.**
- **Flipchart or whiteboard with markers.**
- **Handouts (printed copies for each participant).**
- **Sticky notes and pens.**
- **Colored markers and drawing paper.**





AIM of the training



- **Understand the importance of a positive attitude in personal and professional life.**
- **Explore effective techniques for developing and maintaining a positive attitude.**
- **Learn how to use visualization as a tool to reinforce positive thinking.**
- **Provide participants with practical strategies to strengthen their positive attitude.**

STEP 1 - WARM UP activity - (10 minutes)



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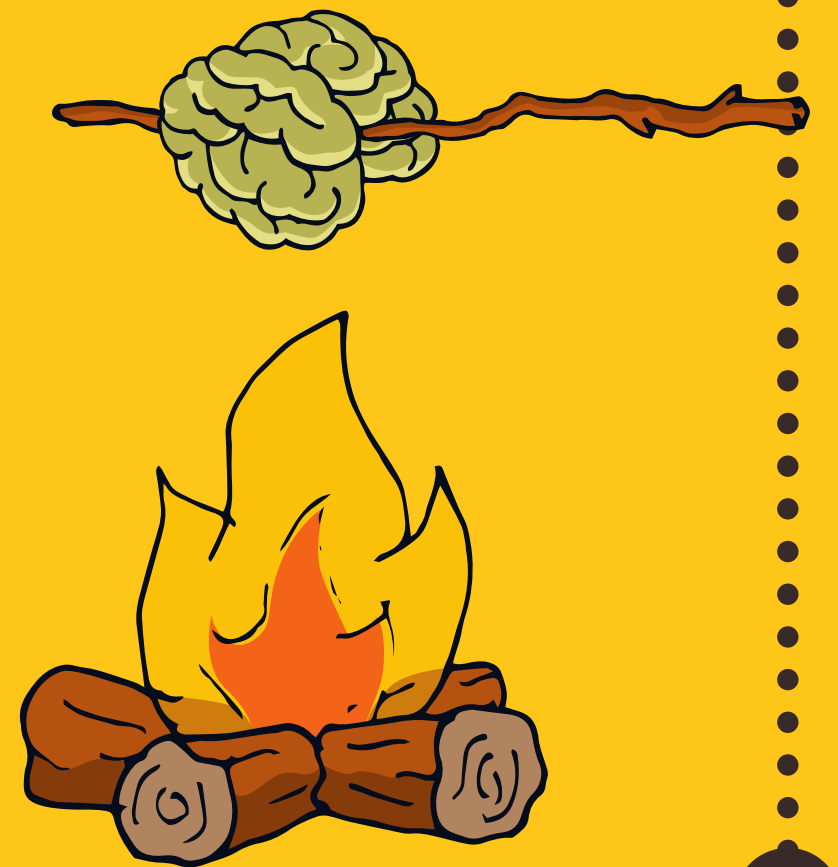
Introduction

Welcome participants and introduce the workshop objectives.

Icebreaker offer:

Ask participants to create a circle and then compliment to people next to them. Put a rule like “two claps” so that they know that they need to change their spots and continue complimenting. At the end, ask them how they feel after giving and receiving positive statements.

·Share the importance of a positive attitude and its impact on personal and professional success.



STEP 2 - Understanding positivity (15 minutes)



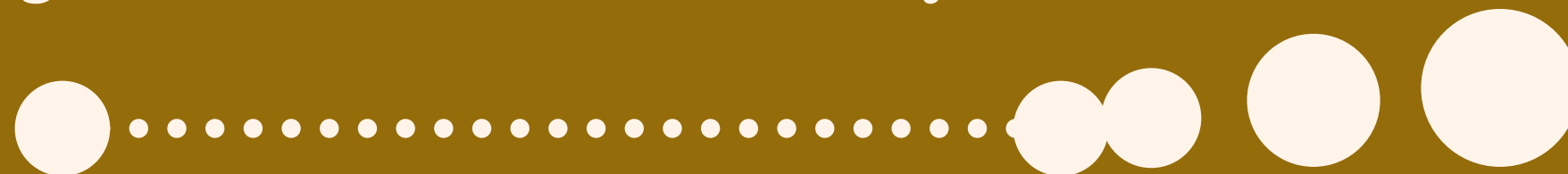
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Positive attitude

A positive attitude has the potential to greatly influence numerous aspects of life, making it a valuable asset. It is essential for both professional success and the quality of interpersonal relationships, in addition to being a major factor in personal pleasure and happiness.

Developing a positive attitude is an ongoing process, and consistency is key. Educators should experiment with different techniques, and tailor them to suit students' varying interests, needs and lifestyles.





What Visualization is?



Visualization is a powerful technique includes forming mental images of desired results or objectives. Visualization is a powerful tool for reinforcing positive thinking. It can help to connect thoughts with success and boost self-confidence. Teachers that regularly use visualization build a mental framework that supports your success, boost your self-confidence, and encourage positive thinking.

Developing positive attitude



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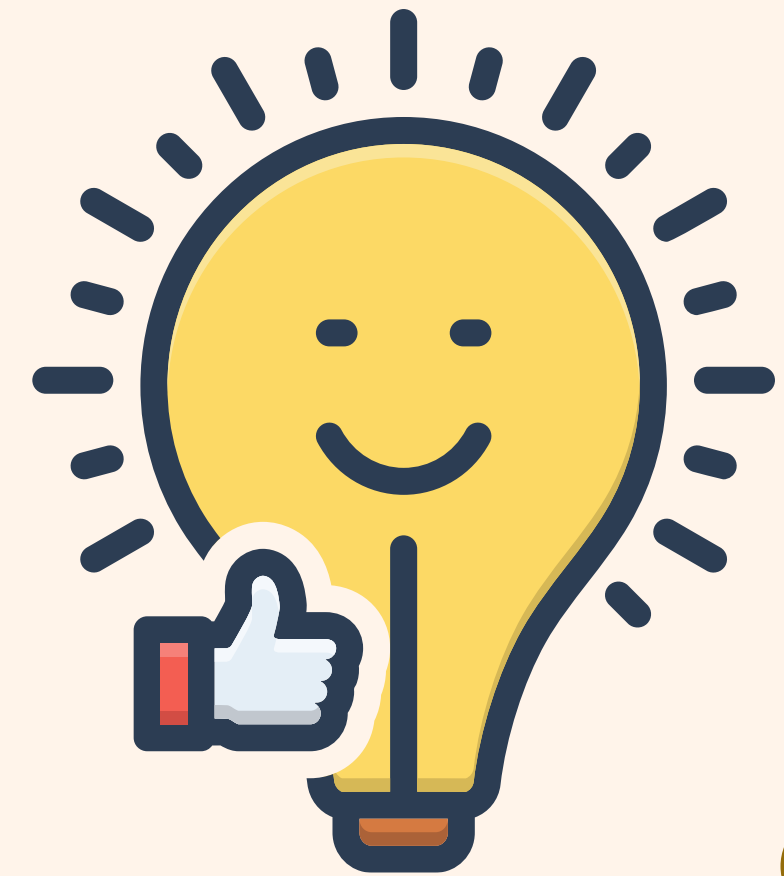
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Practicing Gratitude:

Express your thankfulness for the good things in your life on a regular basis. Keep a thankfulness diary in which you note down the things you are grateful for. Focusing on what you have rather than what you lack can help you change your perspective.

Positive Affirmations:

Use positive affirmations to reinforce a positive mindset. Affirmations are positive remarks that you repeat to yourself to reinforce positive thoughts and self-worth.



Developing positive attitude



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Surround Yourself with Positivity:

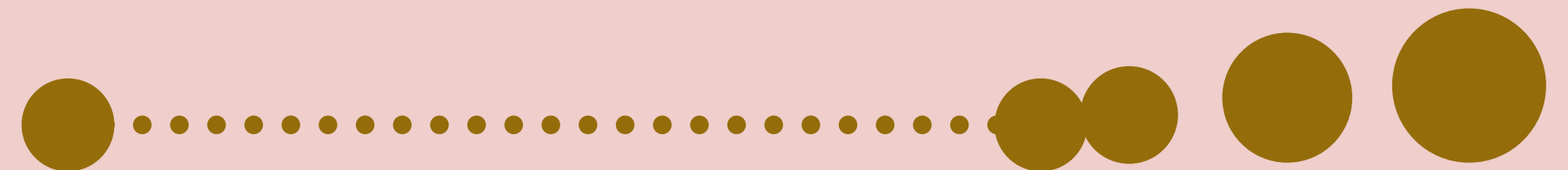
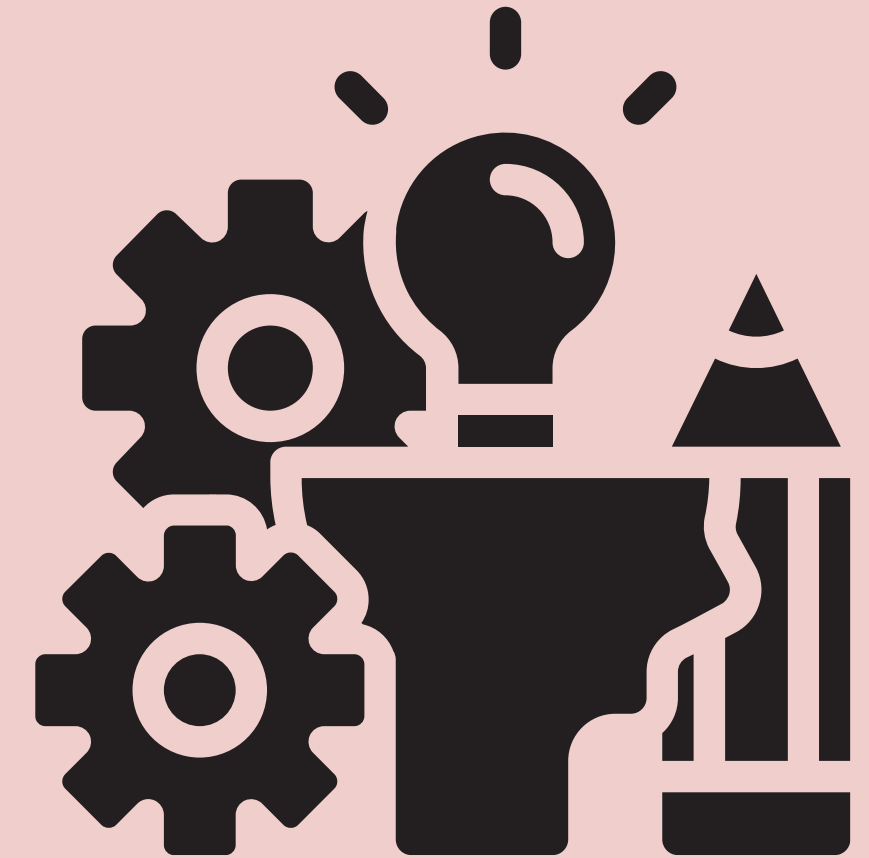
Spend time with people who are positive and encouraging. Positive energy spreads, and being around people who raise you up can have a big impact on your outlook.

Meditation and mindfulness:

Mindfulness and meditation can help you stay present and create inner calm. These techniques can aid in stress management, self-awareness, and a more positive approach.

Negative Thoughts Should Be Challenged:

Negative thoughts should be actively challenged and reframed. When you notice yourself thinking badly, attempt to shift your perspective. This procedure can assist in breaking the cycle of negative thinking.



Developing positive attitude



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Set attainable goals:

Set goals that are both attainable and realistic. Small goals can create a sense of accomplishment and contribute to a cheerful mindset. Celebrate your accomplishments, no matter how minor.

Concentrate on Solutions:

When confronted with an issue, shift your emphasis from the problem to prospective solutions. A problem-solving mindset enables you to tackle problems with optimism and proactivity.

Participate in Activities You Enjoy:

Make time for things that make you happy and relax you. Engaging in good activities, whether it's a pastime, exercise, or spending time with loved ones, helps to a better mentality.



Visualization for Positive Thinking



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Define Your Goal:

Clearly define the specific goal or outcome you want to achieve.

Choose a Quiet Environment:

Find a quiet and comfortable space where you won't be disturbed.

Get in a Comfortable Position:

Sit or lie down in a comfortable position. Close your eyes for focused introspection.



Visualization for Positive Thinking



Relax Your Body:

Take a few deep breaths to release tension from head to toe.

Create a Mental Image:

Visualize yourself achieving the goal in great detail, engaging all senses.

Engage Your Senses:

Involve sights, sounds, smells, tastes, and touch in your mental image.



Visualization for Positive Thinking



Visualize Success Step by Step:
Picture the journey toward your goal, envisioning each step and overcoming challenges.

Feel the Emotions:
Connect with positive emotions associated with success, experiencing joy and fulfillment.

Use Positive Affirmations:
Combine positive affirmations with your visualization to reinforce positive thoughts.





Stay Focused:

Keep focus on positive aspects; acknowledge and redirect any negative thoughts.

Repeat Regularly:

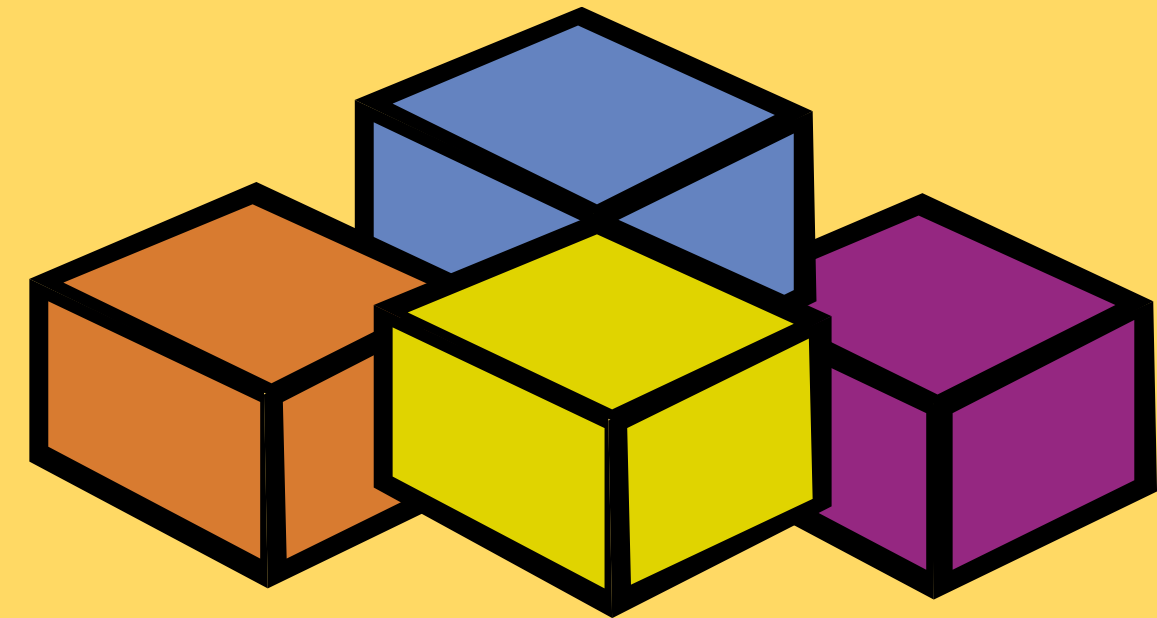
Set aside dedicated time daily to practice visualization for consistency.

Express Gratitude:

Conclude with gratitude for the envisioned success, fostering a mindset of abundance.

Take Inspired Action:

Encourage taking proactive steps in alignment with the positive energy generated.



Developing a Personal Action Plan (20 minutes)



- **What are your current attitudes and beliefs about yourself, others, and the world around you?**
- **How do your attitudes and beliefs impact your daily life and interactions with others?**
- **What strategies or techniques discussed in the workshop resonate with you the most?**
- **How can you incorporate gratitude into your daily routine to foster a positive attitude?**
- **How can you reframe negative situations or thoughts to promote a more positive perspective?**





CASE STUDIES

DEVELOPMENT OF POSITIVE ATTITUTED (20 MINUTES)



CASE STUDY 1

CASE STUDY 2

CASE STUDY NO 1



Company XYZ was facing a challenging period with declining employee morale and productivity. The management recognized the need for a positive attitude shift to improve the work environment.

- What challenges did Company XYZ face in the given scenario?
- Why was there a decline in employee morale and productivity at Company XYZ?
- How did the management identify the need for a positive attitude shift in the organization?
- What is the significance of a positive attitude in improving the work environment?
- What steps can management take to recognize and address declining employee morale?
- How might a positive attitude impact employee satisfaction in a workplace?
- In what ways can a positive attitude shift contribute to increased productivity?
- Can you provide examples of strategies that could be implemented to foster a positive work environment?
- How might the leadership communicate the importance of a positive attitude to the employees?
- What role can individual employees play in promoting a positive attitude within the workplace?



"A high school struggled with a negative culture among students, impacting academic performance and relationships."

- What impact did the negative culture among students have on the high school mentioned in the text?
- How can a negative culture affect academic performance in a high school setting?
- What are the potential consequences of a negative culture on relationships among students?
- In what ways do you think a positive attitude can counteract a negative culture in a high school?
- What strategies could be employed by school administrators to address and change a negative culture?
- How might teachers contribute to fostering a positive culture within their classrooms?
- Can you identify any examples of activities or programs that could be implemented to improve the overall school culture?
- How does a positive attitude impact the overall learning environment in a high school?
- What role do students play in shaping the culture of their high school, and how can they contribute to a positive atmosphere?
- How might a positive school culture positively influence both academic and social aspects of students' lives?





CASE STUDIES

DEVELOPMENT OF POSITIVE THINKING (20 MINUTES)



CASE STUDY 1

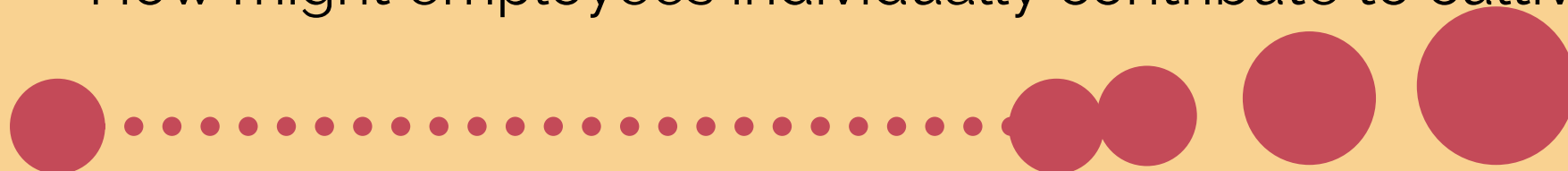
CASE STUDY 2



CASE STUDY NO 1

"An IT company faced challenges related to project delays and a lack of innovative solutions. The leadership identified a need for a mindset shift towards positive thinking to encourage creative problem-solving."

- What challenges did the IT company face, as mentioned in the text?
- How can project delays impact the overall functioning of an IT company?
- Why did the leadership identify a need for a mindset shift towards positive thinking in the given scenario?
 - In what ways can positive thinking contribute to creative problem-solving within an organization?
 - Can you provide examples of how a lack of innovative solutions might affect an IT company?
- How might a positive thinking mindset influence the work culture and collaboration among employees?
 - What role does leadership play in fostering a positive thinking environment within a company?
- What strategies or initiatives can be implemented to encourage positive thinking among employees in the IT industry?
- How does a positive thinking approach contribute to overcoming challenges and obstacles in a professional setting?
- How might employees individually contribute to cultivating a positive thinking culture within the workplace?





Case study no 2

"An IT company faced challenges related to project delays and a lack of innovative solutions. The leadership identified a need for a mindset shift towards positive thinking to encourage creative problem-solving."

- What challenges did the IT company face, as mentioned in the text?
- How can project delays impact the overall functioning of an IT company?
- Why did the leadership identify a need for a mindset shift towards positive thinking in the given scenario?
- In what ways can positive thinking contribute to creative problem-solving within an organization?
- Can you provide examples of how a lack of innovative solutions might affect an IT company?
- How might a positive thinking mindset influence the work culture and collaboration among employees?
- What role does leadership play in fostering a positive thinking environment within a company?
- What strategies or initiatives can be implemented to encourage positive thinking among employees in the IT industry?
- How does a positive thinking approach contribute to overcoming challenges and obstacles in a professional setting?
- How might employees individually contribute to cultivating a positive thinking culture within the workplace?



STEP 5 - CONCLUSION AND WRAP UP (10 MINUTES)



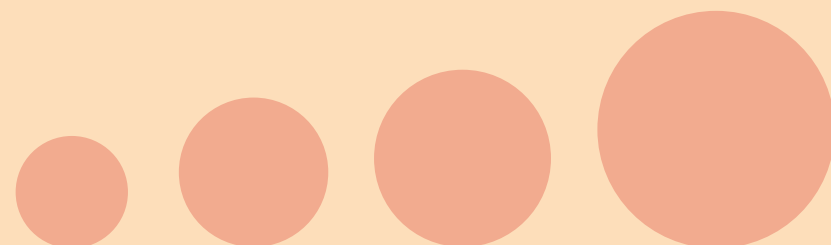
Invite participants to share one thing they learned or one action step they are committed to taking after the workshop.



HOW TO IMPROVE POSITIVE ATTITUDE

How to improve positive attitude

<https://clarke.edu/campus-life/health-wellness/counseling/articles-advice/developing-a-positive-attitude/>



References



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