



SMART THINKING FOR YOUNG PEOPLE

We all have beliefs, values and thinking processes that have evolved over the years. Some of our beliefs date back to adolescence and even early childhood, and yet they still impact on our thinking and behaviour today.

Breaking through the limiting beliefs that we all possess has MASSIVE potential for support agencies, schools & colleges with many teenagers and young people acknowledged as having restrictive ambitions and flawed thinking patterns. What would happen if young people were sufficiently self-motivated to:

- Break through the limiting beliefs they have about themselves and their potential to achieve goals beyond their current horizons?
- What if circumstances became 'opportunities'?
- What if the apparently impossible became, simply, 'really challenging'?
- What if the 'self-talk' of young people became truly productive and solution focussed?
- What would be unleashed, if they realised that their belief about what is achievable for them has been limited by their impoverished 'maps of the territory'?

This one-day event helps support workers, carers, youth leaders, teachers and advisers to learn specific language patterns and question sets that release ambitions and create productive thinking patterns within young people. The technologies concerned are drawn from successful methodologies well established in the worlds of commerce and personal development.

Who should attend this workshop?

Support workers, carers, youth leaders, teachers and advisers who are committed to breaking through the restrictive beliefs of students and to influencing others around them with belief-breaking thinking patterns

Delegates will leave with

A personal action plan that commits to changing their own thinking - and a strategy for implementing **SMART THINKING FOR YOUNG PEOPLE** in the agencies, colleges or schools in which they operate.

The workshop includes

- Limiting beliefs & how they affect our performance
- Re-framing events & circumstances
- Moving from '*I can't*' to '*I can!*'
- Questioning irrational beliefs
- Goal mapping
- Making a commitment to changing your own thinking
- A strategy for implementing **SMART THINKING FOR YOUNG PEOPLE**

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