

A B C's of Personal Success

Attitude, Behavior & Communication: Power Steps that Launch Change



Success begins with Attitude Adjustment. Attitudes are the unconscious habits of belief that influence behavior and communication. Exploring underlying attitudes and adjusting beliefs is the first **POWER STEP** toward modifying self-limiting behaviors and improving communication.



Attitude: The Power of Belief

From Corporate CEO's to Politicians, Religious Leaders, Sports Coaches, and Psychologists alike, the message about success is the same: **Success begins with a positive attitude and a belief in self that prevails in spite of setbacks, obstacles, and apparent failures.** How is it then, that so many people live their lives behaving as if success is out of their reach? Underlying habits of belief that unconsciously spring from our past create the foundation of our vision of personal success. In this enlightening course, participants explore the self-imposed limitations that can sabotage their development and success.

Behavior: The Power of Change

Although most of us express commitment to improving ourselves and the quality of our lives, many encounter two major obstacles:

1. Improving results requires making positive behavior changes and maintaining the new behavior until it becomes habitual.
2. Changing our behavior is a process understood by few and accomplished by even fewer.

Participants learn to recognize conditioned responses that influence their behavior. As they adjust the underlying beliefs that produced this conditioning, they are empowered to launch a series of Power Steps for change.

Communication: The Power of Consistency

Whatever the goal, Communication is the vehicle by which we navigate through life. In this thought-provoking segment, participants will:

- Examine the relative importance of words, tone of voice, and body language in communication.
- Address how communication failures occur as a result of inconsistent or misleading non-verbal messages.
- Create a plan of progressive Power Steps that will launch their success.

SEMINAR BENEFITS

**A POWER STEP PLAN
which includes:**

- INCREASED UNDERSTANDING OF THE BEHAVIOR CHANGE PROCESS
- EXPANDED EXPECTATIONS
- INSIGHT INTO UNDERLYING PERSONAL BELIEFS
- ADJUSTED ATTITUDES
- ENERGIZED FOCUS
- ENHANCED AWARENESS OF COMMUNICATION STYLE
- IDENTIFIED BEHAVIORS FOR SUCCESS
- BEHAVIOR CHANGE PLAN
- IMPROVED RESULTS

***Human Beings, by changing the inner attitudes of their minds,
can change the outer aspects of their lives.***

William James

SynRG, Inc.
Jackie White, President
(770) 813-8241 (678) 640-6388
jwhite@synrginc.com www.synrginc.com