

Managing Beliefs and Emotions

What is Managing Beliefs and Emotions?

Our behaviour is largely driven by the feelings and needs we try to fulfill through a variety of means. There is an approach we can take to life that is within a scale of optimism and pessimism. There are strategies that can be learned and practiced that can build a learned in optimism in people. If we approach life from a standpoint of pessimism we disallow certain opportunities and experiences to enter our consciousness.

Who is it for?

This practical module assists learners in discovering useful techniques to optimise their perspective on life. Even normally optimistic individuals will benefit from learning these techniques that allow us to reframe and reboot our life experiences into more useful behaviours and life outcomes.

What does it offer?

This module explains what motivates our behaviour and gets us to explore our underlying philosophy towards life on the scale of optimism through to pessimism. It provides learners with practical techniques to help us hold back from judging situations and experiences as negative, unhelpful or problematic. Allowing us to explore how our inner potentialities can be enriched by our challenges.

How do we sign up?

Contact us at madebetterhuman.com.au

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