

How to Change Attitude & Improve Behavior

Date	Venues	(\$) Fees	Book your seat
07 Dec -11 Dec 2025	Singapore	3499	Register Now

Course overview

People hold complex relationships between attitudes and behavior that are further complicated by the social factors influencing both. Behaviors usually, but not always, reflect established beliefs and attitudes. For example, a man who believes strongly in abstinence before marriage may choose to remain a virgin until his wedding night. Under other circumstances, that same man may engage in premarital sex despite his convictions after being influenced by social messages that his masculinity is dependent on sexual activity

Course objective

At the conclusion of this course, participants will be able to diagnose their negative attitudes and behaviors, in life and at work. They will be able to make plans and implement them to change their negative attitudes and thoughts, and consequently be able to build more positive attitudes and norms of behavior.

Who should attend?

- All employees, Mid-level managers or executives, Senior Administrative
- Assistant, Production Planning who have attitude problems, or work
- under pressure, suffer from stress or have difficulty in dealing with others
- Should attend this very interactive workshop.

Course outline

- Attitude; why it matters for success in life and the workplace?
- Habits and attitude
- Why it is difficult to change
- How to build a positive attitude
- Living in the present
- Quitting creating negative energy
- Creating action plans
- Empowering yourself with positive thoughts
- Unleashing your power within
- Developing self awareness
- Building self assertiveness
- Turning negative into positive
- Dealing with stress
- Changing your behavior
- Changing your lifestyle
- Changing your way of thinking
- Plan change and implement

Training methodology

- Presentation & Slides

- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Games & Role plays