



Develop a Positive Mindset to Workplace Changes Workshop

Registration Form

About the Workshop

Our mindset dictates the way we think and therefore the running account that takes place in our head. Fixed mindset places obstacles and prevent us from achieving our goals and retarding our personal growth. On the other hand, people with growth mindset are positive and constantly self-encouraging. This workshop will help you to learn the strategies to transform your mindset to be more effective at work and to learn how to enjoy doing your job.

Key Topics

- Understand your own and people's mindsets
- Understanding change at the personal level
- Recognising the link between mindset and personal change
- Recognising resistance to change
- Recognising your untapped potential
- Change, growth and progress
- Cycle of negative self-talk & false assumptions
- How to control your negative self-talk
- Understanding and applying mindset change strategies at work

The Speaker – Caroline Josephine Dawson

Caroline has more than 17 years of experience as an editor of lifestyle and technical publications and 15 years teaching business management, environmental and soft skills communication. Her pragmatic real-world approach ensures that she understands and responds to the real pressures and issues faced by adult learners. She has maintained that experiential, innovative teaching methods and highly interactive curriculum are key motivational factors that enhance one's communication and personal development skills.

Who Should Attend Anyone who wishes to acquire personal success through a growth mindset or anyone seeking to develop resilience and the ability to overcome setbacks and embrace new situations and changes at work

Date: 8 November 2024, Friday	Course Fees: \$398 per participant (Includes Handouts, Lunch & Refreshments)
Time: 9.00am to 5.00pm (Registration starts at 8.45am)	To register: Email your registration forms to us or register online.
Workshop Venue: Carlton Hotel 76 Bras Basah Road Singapore 189558	960 Dunearn Road, #06-25, Singapore 589486 Tel: 6293 9068 Email: info@kcacademy.com.sg Website: www.kcacademy.com.sg
	Payment Details: Payment by bank transfer or PayNow Corporate (UEN no. 201100115H) before commencement of workshop

Participant 1:

Participant 2:

Contact Person: (If different from above)

Company Name:

Company Address:

UEN No: Tel: Fax:

Upon receipt of registration, any cancellation must be confirmed in writing, and will be subject to a 10% administrative charge. If notice of cancellation is received less than 5 working days before the course date, or if participant fails to show, participants will be invoiced for the full fee. However, substitutes will be allowed. KC Academy Pte Ltd reserves the right to cancel/postpone the event or change the venue/date/time of the workshop in view of unforeseen circumstances.