



The Power Of Attitude

William James, the father of American Psychology, once said that the “greatest discovery of our generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” Attitudes create actions. Attitudes can significantly influence the mediation. The remarkable thing is, we have a choice everyday regarding the attitude we will embrace. In this workshop, participants will:

- Define attitude
- Analyze their own attitudes
- Learn “attitude adjustment” techniques
- Understand how attitudes impact the mediation
- Learn how to deal with difficult attitudes