

Soft-Train



*At Soft-Train
Technology Works*

Breaking Behavior Patterns That Hold You Back (2 Days) ST00067

COURSE GOAL: Overcome and resolve workplace situations where ineffective behavior is at play so that you can move forward and get the rewards that are due.

PREREQUISITES: None.

LEARNING OBJECTIVES:

Upon completion of this course the student will be able to:

- Identify people and situations that can elicit bad workplace behavior
- Successfully change or modify career-sabotaging habits
- Understand how negative behaviors affect teamwork
- Achieve better work relationships and change how you are perceived
- Manage feelings of frustration and anger in the workplace
- Positively impact your career path

KEY TOPICS:

I. The Pattern Problem and Solution

- A. Freeing Your Potential
- B. Listen to Your Inner Voice
- C. Chutes and Ladders
- D. Become Fit to Succeed
- E. What are Patterns?
- F. The Secret Life of Patterns
- G. The Uphill Struggle to Fulfill Potential
- H. Pattern Breaking for Everyone: The SUBGAP Method

II. Seeing

- A. Learning to See Your Patterns
- B. Become a Pattern Detective
- C. Learning to See Other Individuals Patterns
- D. Your Dignity Shield

III. Understanding

- A. The Power of Understanding
- B. Understanding Yourself
- C. Historical Understanding
- D. Operational Understanding

IV. Breaking

- A. How to Break Your Patterns
- B. The Rapid Correction Method
- C. The Tao of Pattern Breaking
- D. Breaking by Letting Go

V. Guard Against Patterns

- A. Guard It with Your Lifestyle
- B. The Pattern-Proof Mind Set

VI. Patterned and Unpatterned Life

- A. Patterns at Work
- B. Being Prepared
- C. Patterns in Love
- D. The Unpatterned Life