



Anchoring Yourself to Positive Attitudes

Exploring the influences that interfere with a positive work environment and challenge our values.

- + Switching from complaining to caring
- + Exploring how attitudes are reflected in what we do
- + Initiating personal wellbeing with positive expression
- + Anchoring attitudes
- + Joining the journey - recognizing how often you may complain

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr *	1½ Hr *	3 Hr *	Full Day	Multi-Day
	●	● ★	●		



*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:

Separate workshops may be provided for the Leadership Team and Front Line Staff that are customized to their specific roles and responsibilities.



Have you considered eLearning? Check out the  InService Program!
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