

# EMPOWERED MINDSET COACHING MINI-TUTORIAL VIDEO TRAINING SERIES WITH LOUISE ANNE MAURICE



# POSITIVE

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MINMINDSET

# **WHEN PEOPLE HAVE POSITIVE MINDSET MISHAPS, HOW DOES IT SHOW UP?**

- 1. LISTEN TO THE DETAILS OF THE  
CASE-STUDY**
- 2. WHAT IS THEIR ATTITUDE?**
- 3. WHAT IS THEIR POINT OF VIEW  
OR PERSPECTIVE?**
- 4. WHAT LANGUAGE ARE THEY  
USING?**
- 5. DO YOU RECOGNIZE THIS  
PERSON?**



# WHAT WAS THEIR ATTITUDE LIKE?

- In psychology, an attitude refers to a **set of emotions, beliefs, and behaviors toward a particular object, person, thing, or event**. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behavior.

# WHAT WAS THEIR POINT OF VIEW OR PERSPECTIVE?

- Perspective or Point of View – How they SEE everything.


# WHAT LANGUAGE DID THEY USE?

- What words did they use and what meaning did they give those words?

# DID YOU RECOGNIZE THAT PERSON?

- Describe this person

# POSITIVE DEFINITION

 pos·i·tive

*/ˈpəzətɪv/*

See definitions in:

All

Medicine

Mathematics

Physics

Electrical

Photography

Grammar



*adjective*

1. consisting in or characterized by the presence or possession of features or qualities rather than their absence.
2. constructive, optimistic, or confident.  
"there needs to be a positive approach to youthful offenders"

Similar:

constructive

practical

useful

pragmatic

productive

helpful



*noun*

1. a good, affirmative, or constructive quality or attribute.  
"take your weaknesses and translate them into positives"
2. a photographic image showing lights and shades or colors true to the original, especially one printed from a negative.  
"the photographic process involves separate runs with the red, green, and blue separation positives"



# USE POSITIVE PSYCHOLOGY

EMPOWERED MINDSET SOLUTIONS

TO SUPPORT POSITIVE MINDSET

- 1. How can you use Positive Psychology to develop a Changes in Mindset Technique?**
- 2. What Mindset Coaching Questions can you develop?**



# HOW TO USE POSITIVE PSYCHOLOGY TO DEVELOP MINDSET COACHING QUESTIONS

- **STEP #1** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD. WHAT GOALS DO THEY WANT TO ACHIEVE?
- **STEP #2** – WITH THIS INSIGHT, REVIEW THE WIKI SITE
- **STEP #3** – WHAT APPROACH PROVIDES A STARTING PLACE TO PROVIDE A DEEPER AWARENESS ABOUT POSITIVE MINDSET BLOCKS?
- **STEP #4** - UNRAVEL THIS APPROACH AND FOCUS ON ONE ASPECT THAT COULD BE THE NEXT STEP TO DEEPER AWARENESS.
- **STEP #5** – FROM THIS INSIGHT, DEVELOP 2 QUESTIONS; THE FIRST TO START THE SESSION AND THE SECOND TO MOVE INTO USING THE TECHNIQUE.

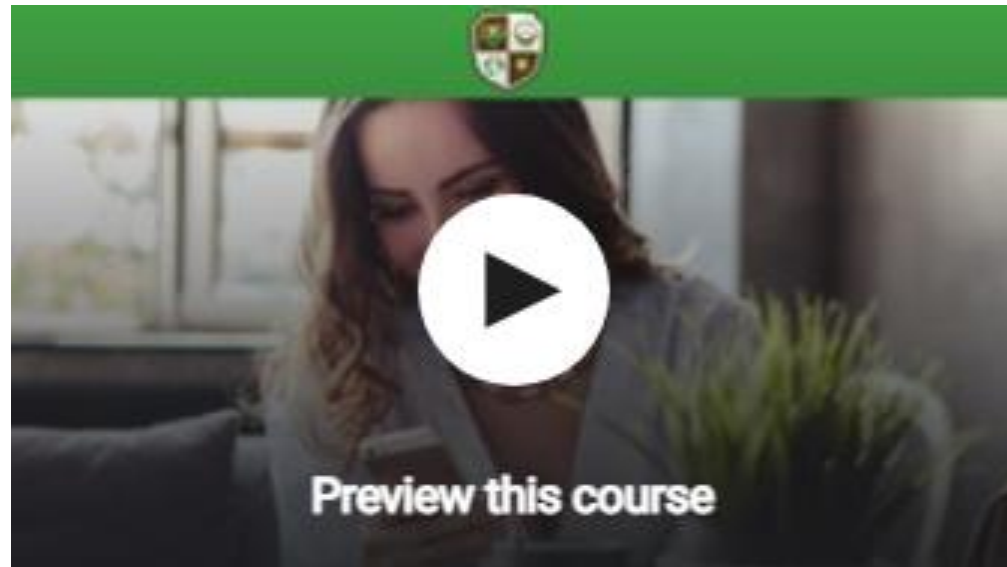
# HOW TO USE POSITIVE PSYCHOLOGY TO DEVELOP A CHANGES IN MINDSET TECHNIQUE

- **STEP #1** – REVIEW THE WIKI SITE
- **STEP #2** – THINK ABOUT THE PEOPLE YOU COACH, CONSULT OR LEAD
- **STEP #3** – WHEN THEY DON'T HAVE A POSITIVE MINDSET, WHAT CHALLENGES DO THEY EXPERIENCE?
- **STEP #4** – WHEN THEY DO HAVE A POSITIVE MINDSET, WHAT BENEFITS WILL THEY EXPERIENCE?
- **STEP #5** – TAKE ONE OF THE THEORIES AND ADAPT TO DEVELOP YOUR UNIQUE TECHNIQUE TO ADDRESS THE CHALLENGE OR SUPPORT THE BENEFIT.

If you want in-depth Positive Mindset Solutions + Done-For-You Hypnosis Techniques + Ready-To-Use Positive Mindset Questions for Improved Positive Thinking, then click on the title to learn more about [Positive Thinking Life Coach Certification Training](#)



- "Loved this course. The hypnotherapy is a great addition and is very effective on a lot of people. I have used self hypnosis on many occasions to help with nerves, child birth, grief, and confidence issues with great results!."



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### In Life

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Free Training

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