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



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WHEN PEOPLE HAVE VICTIM 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

VICTIM DEFINITION

Dictionary Definitions from O

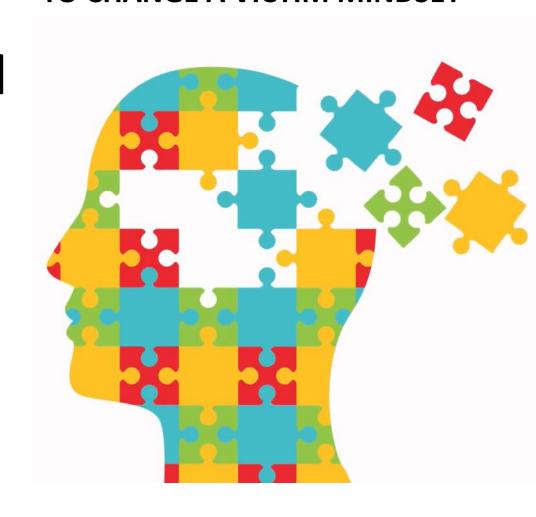
Definitions from Oxford Languages · Learn more Q Search for a word vic·tim /'viktem/ noun a person harmed, injured, or killed as a result of a crime, accident, or other event or action. "victims of domestic violence" sufferer injured party casualty injured person wounded person Similar: · a person who is tricked or duped. "the victim of a hoax" sitting target dupe easy target fair game Similar: easy prey a living creature killed as a religious sacrifice. "sacrificial victims for the ritual festivals" sacrifice offering burnt offering scapegoat Similar:

USE ABNORMAL PSYCHOLOGY

EMPOWERED MINDSET SOLUTIONS

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

TO CHANGE A VICTIM MINDSET



HOW TO USE <u>ABNORMAL PSYCHOLOGY</u> 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 SELF-AWARENESS 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.

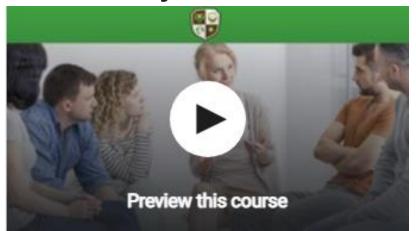
HOW TO USE <u>ABNORMAL PSYCHOLOGY</u> TO DEVELOP A CHANGES IN MINDSET TECHNIQUE

- 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 VICTIM MINDSET, WHAT SELF-AWARENESS BENEFITS DO THEY EXPERIENCE?
- **STEP #4** WHEN THEY DO HAVE A VICTIM MINDSET, WHAT SELF-AWARENESS CHALLENGES 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 Victim Mindset Solutions + Done-For-You Mindfulness Techniques + Ready-To-Use Mindset Questions for Improved Self-Awareness, then click on the title to learn more about Self-Awareness Life Coach Certification Training



• "This course is a masterclass that is abundant with insights into the human psyche of how high-achievers stop themselves. It is loaded with a proven framework that generates confidence and helps you to get results. In today's environment, understanding your client is key to your success. With step-by-step learning that is cutting-edge, this course is a "must-do" if you want the essential tools that will move you towards harnessing your power and to becoming a master life coach in self-awareness"



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