## Description:
Over almost 25 years literally hundreds of people have attended this course and changed their thinking by learning practical techniques to challenge the negative voice inside their head. Self defeating thoughts and behaviours can hold you back from reaching your fullest potential this course can change your life by enabling you to change the way you view the world. This workshop can either stand alone or be a taster for the longer course. Within the day you will learn how even make bite sized changes can make a powerful difference to your thinking.

## Content
- Understand the nature of stress and the relationship between thoughts and behaviours.
- Develop skills to become aware of and understand personal thinking styles
- Learn to distinguish between rational and irrational thinking
- Learn strategies to replace unproductive or negative thought patterns
- Develop effective communication and stress reduction skills

## Benefits
- Relaxed friendly atmosphere and experienced facilitator
- Very affordable prices
- Strategies to challenge old negative patterns of behaviour
- Greater self confidence as you overcome the self doubt that has held you back
- Stop the negative chatterbox inside your head

## Facilitator
Christine Richardson is the Co-ordinator of the Personal Development Department at Tuart College and who offers a relaxed, friendly learning environment – and some fun. She also designs and runs programs within the Public and Private sector as a Wellness Consultant/Educator. Christine is passionate about making life skills available as affordable Community Education and attributes her Higher Education, late life qualifications and business practice, to the skills she was introduced to in her first Tuart College course Change Your Thinking Course over 15 years ago. When the opportunity to Co-Ordinate the Dept came years later, she changed the course title to Change Your Thinking - Change Your Life.