



@ASK Training
Attitude | Skills | Knowledge

Outwit Your Obstacles

Course Code:

ASKOYO

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$480 (\$513.60 Inc. GST) per participant

Course Venue:

Hotel

Course Dates:

Refer to Training Calendar

<http://asktraining.com.sg/calendar>



Course Synopsis

Obstacles, hurdles and adversities happen at work and in life whether one expects it or not. They can happen randomly and without warning. The natural response for most is to get frustrated, complain about the obstacle or let it overwhelm them.

This workshop teaches a strategic methodology to evolve past that -- You'll learn to develop a robust mental mindset to take on tough situations.

You will also discover how to overcome adversity with not just one way... but a multitude of different ways. Plus, it goes further - learn how to not just conquer an obstacle but brilliantly turn it around and transform it into advantage.

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Course Objectives

At the end of this course, you will be able to:

- Attain the strong winning mentality of never letting obstacles stop you from getting what you want
- Know the strategies on how to think and act during tough situations
- Discover what consistently successful people do to convert difficult situations into triumphant ones
- Learn how to find golden opportunities within obstacles and achieve higher success as a result

Course Outline

- Know the major and minor types of obstacles just about anyone will face at work and in life
- Learn how to face hurdles positively than allowing it to weaken you
- Legendary examples of people from history where extreme hardships were faced and how they conquered it all and emerged victorious
- Solve difficult problems in a systematic way
- The “perception transformation” secret by turning obstacles to opportunities
- Handle obstacle when it is a difficult person (not situation)
- Acquire a weapon crate of “mental resilience tools” that help you to steadfastly bounce back from uneventful situations
- Learn the Big secret to achieve your objectives