

"HOW TO BE THE BEST OF YOURSELF".



Release your potential.

Objective of the lecture:

- . Introduction to self-knowledge and self-perception.
- . Recognize and identify through self observation, in what situation we are in

relation to the development of our potentials.

- . Identify our potentials
- . Discover the development strategies of our potential.

Contents

- . Presentation and analysis of the concept "How to be the best of yourself".
- . Relationship between mental and emotional attitudes.
- . Think, feel, do.
- . We do what we do, because we think the way we think, and feel the way we feel.
- . Awareness of one's thoughts.
- . The power of words.
- . The power of attitude.

- . Empowering emotions, limiting emotions.
- . Limiting beliefs
- . Self-confidence
- . Recognize the strengths themselves.
- . Design of a good strategic training for personal development.
- . Mental power, strength of soul.
- . The will.
- . Motivations
- . Concentration
- . The nature of the Champion.
- . Other considerations to be treated at the proposal of the assistants.

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