Challenging Negative Attitudes
Taking Control of Pessimistic Perspectives and Stressful Situations

Course objectives

Successful completion of this course will increase your ability to:

- ✓ Adjust your own attitude regarding your work situation
- ✓ Control the impact of negative situations
- ✓ Deal with negative people more effectively
- ✓ Determine how the explanatory styles contribute to pessimism or optimism
- ✓ Practice using disputation to enhance your optimistic side
- ✓ Discriminate between situations that call for optimism versus pessimism
- ✓ Use specific coping tools for dealing with change
- ✓ Identify the negative norms present in your own organization, department, or team
- ✓ Use a four-step process to eliminate negative organizational norms