

learning  
equals  
development

## EQV Course Outline



■ Dealing with Negativity

■ 1 Day

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# Dealing with Negativity (1 Day)

## Business Benefit

In these days of constantly changing working practises, restructuring and redundancies this kind of statement is all too common in the workplace. The problem with negativity is – it's infectious!

This course can help managers deal with negativity, stop it spreading and help staff to regain their enthusiasm and motivation.

## Who Should Attend?

Managers who may have to deal with negativity in the workplace.

## Learning Objectives

*By the end of this course  
you will be able to...*

- Help staff to come to terms with change and confront the challenges of the modern working environment.
- Understand the different types of negativity and develop strategies for dealing with them.
- Demonstrate practical techniques for managing negative behaviour.
- Help staff re-discover their motivation.
- Create a post course action plan for dealing with negativity.

## Course Content

- The causes of negativity
- 'Situational' and 'Habitual' negativity
- The effect of negativity on behaviour
- How to manage behaviour in the workplace
- Motivation – re-energising your people
- Personal Implementation Plans

2011  
Jul 04  
Aug 03  
Sep 02  
Oct 04  
Nov 03

2012  
Jan 03  
Feb 01  
Mar 01  
Apr 02  
May 01  
Jun 06  
Aug 06  
Sep 03  
Oct 22  
Nov 21

## You may also be interested in

Coaching & Mentoring, Communication, Assertiveness & Confidence Building

## Training Locations

Leicester, Sheffield, Liverpool, Manchester, Basingstoke, London

Price:  
**£395**  
per person

## The EQV Promise

We ensure that our courses are well received and are delivered by trainers that have actual commercial competency in their chosen subject.

Not only is this essential for our accreditation purposes but it ensures that the trainers will be able to include relevant experiences they themselves have learnt from. This generates appropriate engagement and empathy in the training environment.

When the course is completed we will report back to you about how the training has been received and can indeed evaluate the training right from start to finish after the skills transfer period. This information can come from your account manager who is your main point of contact at all times.

## The EQV Experience

Our training courses take the attendee on a journey of learning and development. Throughout the course everyone is engaged in a stimulating and participative way.

Our courses are designed to encompass many different kind of learning activities making sure they appeal to different natural styles of learning that individuals have.

Activities may include a selection of syndicate work, discussion, pair work, case studies, games, role play, quizzes and presentations.

During the event an individual works on their own implementation plan so that they have a clear plan of how they are going to support their own skills transfer back in the workplace. Whilst it is important for the attendees to enjoy the workshop we want to ensure they apply as much as possible back in the workplace.

## Our Training Centre

Set in the heart of beautiful rolling Leicestershire countryside, our idyllic training facilities not only provide attendees with the perfect environment to concentrate on their individual learning experience but also provide the practicality of ample parking and fully designed and equipped training rooms.

You will be greeted upon arrival by our training co-ordinator who is your point of contact throughout the day should have any specific queries.

A delicious buffet lunch is provided, catering for a variety of dietary needs.

## What Delegates Say about this course

*"Made me think and take stock of my own negativity"*

*"I feel confident to go away and truly motivate my workforce"*

*"Perfect for my needs"*

