



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Positive Attitude = High Performance

Overview

A positive attitude is the key to unlocking personal and professional success. This seminar empowers participants to take responsibility for their mindset, embrace optimism, and build resilience under pressure. Through practical strategies, participants will learn how positivity directly influences teamwork, communication, stress management, and overall workplace performance.

Key Objectives

By the end of this seminar, participants will be able to:

- Recognise the link between attitude, motivation, and performance.
- Develop self-awareness and confidence to maintain a positive outlook.
- Apply practical strategies to communicate effectively and manage criticism or conflict.
- Sustain high performance under pressure through stress management and teamwork.

Value Added

Participants leave motivated, equipped with tools to maintain positivity, and ready to apply practical strategies that enhance personal resilience, strengthen teamwork, and improve overall performance.

Who should attend?

This seminar is ideal for:

- Employees at all organisational levels
- Supervisors & team leaders
- HR & training managers
- Customer service & client-facing staff
- Anyone wanting to boost motivation, resilience, and workplace performance

This seminar consists of the following 15 topics

Topic 1	Taking responsibility for your mindset
Topic 2	Positive attitude – a choice you make daily
Topic 3	Choosing happiness and optimism
Topic 4	Knowing yourself: self-reflection and awareness
Topic 5	Believing in yourself and your abilities
Topic 6	Standing out by adding value in the workplace
Topic 7	Goal setting for personal and team success
Topic 8	Communicating with positivity and impact
Topic 9	Being assertive without being aggressive
Topic 10	Practicing kindness and building optimism
Topic 11	Dealing constructively with criticism
Topic 12	Managing difficult relationships effectively
Topic 13	The importance of teamwork and collaboration
Topic 14	Performing well under pressure
Topic 15	Managing stress and striving to be your best

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.