

ATTENTION 2019 and 2020 Graduates

If you have a desire to increase your performance in all aspects of your life, learn techniques to become a better leader, and have an opportunity to add a unique 'intangible' asset to your resume, please see the below details. We are accepting a **maximum of 35 participants**, so please turn in your form as soon as you are able. Dr. Scott Fitzgibbon from The Pacific Institute will be on campus administering this exciting and FUN 2 day workshop on **June 11th & 12th from 8:30-2pm**.

Name/graduation year: _____

Signature (your commitment to attend): _____ Date: _____



THOUGHT PATTERNS FOR A SUCCESSFUL CAREER® MASTERING THE ATTITUDE OF SUCCESS™

The way we think – our mindset – has a significant impact on our ability to access our full potential and make the most of our talents and abilities in all aspects of our lives. Learning the foundations of how the mind works, as well as thought patterns and “mindsetting” techniques associated with high performance and a growth mindset, students will reflect, evaluate and apply these concepts to optimize their personal wellbeing, educational achievement and professional preparation and advancement.

Building on five decades of high-performance programs, The Pacific Institute’s scientifically-driven and internationally-proven curriculum will provide you with the tools to develop an effective mindset to take you to new levels of achievement. This development workshop focuses on the following:

- Understanding how habits, attitudes, beliefs, expectations and comfort zones are formed and how they can be changed.
- Understanding the three areas of the mind that help us function in the world around us, the four functions of the human thought process, and self-regulation.
- Understanding self-efficacy and evaluating how it may vary in different areas on one’s life.
- Evaluating the differences between a fixed mindset and a growth mindset.
- Applying techniques that can be used to raise self-esteem.
- Describing the variables that contribute to resiliency and apply them to situations where you are required to bounce back from adversity and grow from challenges.
- Applying constructive motivation to enable living a “want to” life of achievement.
- Applying positive self-talk, the affirmation process, journaling, visualization and goal-setting techniques to continually move toward those things that we want to achieve in the different aspects of our lives, both short-term and long-term.