

## Restricted beliefs

### Group Training

Training code	CGABELE1CD
Spoken Language	Dutch
Language Materials	Dutch
Dayparts	1
Price	<b>€400,00</b> excl. VAT No extra costs.

### What is Restricting beliefs

We think in certain patterns. This is very useful in many situations and it helps you to react quickly. But sometimes you are stuck in such a pattern and it is difficult to see new possibilities. All kinds of problems appear to be in the way. Do you dare to solve this?

Why does something not work? Restricting beliefs can be stubborn, they originate from previous experiences, fixed patterns, events in your life, influence from your surroundings. You can overcome a restricting belief. What is fact, what is really true?

Looking from different perspectives helps to keep you dynamic. A different way of looking at learning is important in leadership. It is sometimes expected of you that you are a role model and you come up with ideas that no one else has thought of. You practice in this session to broaden your vision and find out that you are affected by your beliefs that restrict you.

### Who should attend Restricting beliefs

This training is for people who are stuck in their beliefs and/or want to learn to see new perspectives. People who are curious about "thinking differently."

It is important that every professional has passion and values in their work so that they stay healthy and happy.

#### Prerequisites

Before you can follow this training, you must first have followed the Empathic listening training.

#### Objectives

The training has the following learning objectives:

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- Break through your thinking patterns
- Reflecting on obstructing beliefs and problems
- Looking from new / different perspectives

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An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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