

Coaching Professors Online Life-Path Workshops

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“Beliefs, Values and Attitudes” – Our lives are often a direct consequence of the beliefs we hold, the values we create and the attitudes that we adopt. This workshop invites participants to investigate the foundation and dynamics of "belief systems." Many beliefs may have a very negative influence in one’s life, biasing perceptions and allowing one to only see what the belief structure allows (*this is called selective perception or at times selective deception*).

QUESTION: What Do You Learn In This Workshop?

ANSWER: Our lives are often a direct consequence of the beliefs we hold, the values we create and the attitudes we adopt. In this program participants investigate their beliefs and learn how they influence their lives. Then, the participants choose a negative behavior they want to eliminate; they identify the "negative-bias" belief, then learn the steps necessary to change and replace it! (known as "*re-programming*" the self).

QUESTION: It Sounds Complicated – Can All Participants Learn How To Eliminate A Negative Behavior?

ANSWER: The step-by-step process places each participant in the position of being able to let go of a negative behavior and modify the associated core belief. However, it is only up to the participant to make such change permanent. The good news is that after learning the workshop process, participants are in the position of eliminating additional unwanted behaviors.

QUESTION: Who Should Attend?

ANSWER: Anyone who wants to understand how we create what we believe to be? Reality, rather than a “perceived” reflection of our belief systems...without understanding how beliefs create values, attitudes and expectations and how they can negatively bias our lives, the important ingredient to a successful and full life may remain a mystery.

We invite you to join us at www.coachingprofessors.com and learn how to create the life you say you would like to have through our online programs. Attending our programs has now become easy and convenient.