



SAINTS  
LEARNING

# PROFESSIONAL DEVELOPMENT

## PATHWAY TO EXCELLENCE

### COURSE VISION

Choosing to think optimistically, identifying opportunities and being accountable are just a few ways to be in control and get what you want out of your life.



DURATION 1 DAY

### COURSE MISSION

In this intensive 1 day course, you will explore how to think about success and failure, and understand how the way we think determines our success and personal excellence.

### COURSE METHODOLOGY

Through this interactive workshop you will uncover how the way you think determines your success and personal excellence, learn techniques to turn downtimes into positives, and understand how accountability enables you to maintain control of your life. Most importantly, you'll learn how to renew your personal energy levels, enabling resilience and flexibility in the face of challenges.

### WHO IS THE COURSE SUITABLE FOR?

There are no formal entry requirements for this course. It is suitable for all ages and designed for those who wish to improve their personal performance.

