

# POSITIVE THOUGHT SOLUTIONS

## PROGRAM TOPIC DESCRIPTIONS

All our programs and speaking engagements are informative, fun, engaging and interactive. We want the participants to walk away encouraged and ready to make whatever change they need to make, to become the best version of themselves. Below are our signature presentations. These are geared toward college students, but can be used in a student's personal, professional and academic life.

### The Mindset for Success

Everyone's success is predicated on their mindset. You can not be successful in anything, if you do not have the right mindset. This seminar talks about believing in yourself, how believing in yourself is key to success, how to become inspired, how to re-write your reality and the science of how the mind works from high-level practical perspective. We will also discuss positive thinking, goal planning and execution for your goals, which are key to the mindset for success. Participants will walk away with valuable information and strategies on how to develop the right mindset to be successful in any area of their lives.

### Resilience

Life is not predictable and there are always challenges that come in our path, no matter what we do. The key is to not let those challenges cause us to give up. In order to not give up, we need to develop resilience. This seminar talks about what resilience is and how to become more resilient. It takes some key aspects from the mindset seminar and focuses on how to overcome the trials and tribulations, that we will face in our lives from time to time. Participants will walk away with valuable information on resilience and key strategies on how to become resilient in their own lives.

### Emotionally Intelligent Leadership

We will all be leaders at one point in our lives, whether that's in the community, in our careers or in our households. In doing this, it's important to be aware of your own emotions and the emotions of the people who you deal with on a constant basis, that you're leading. In this seminar we will discuss what emotional intelligence is, from a leadership perspective and how to become a more emotionally intelligent leader. Some of the topics of discussion include optimism, building relationships and managing conflict. Participants will walk away with an understanding of what emotionally intelligent leadership is and strategies on how they can become better leaders.

### College Academic Success Strategies

Not all students come into college knowing how to be successful and get good grades. There are some students who may need a refresher as well. This seminar will cover mistakes many college students make when it comes to academics and how to learn from those mistakes. It will cover goal setting, time management, productivity and proper academic planning. Chris Scott nearly failed out of college, while going through depression and he didn't have any good academic success strategies. Through research and experience, he developed strategies that took him from academic probation, to graduating with a B average in electrical engineering and graduating in the top 1% of his class, for two graduate degrees. Participants will walk away with strategies on how to improve their academic success and how to use their time more wisely.



## TESTIMONIALS

*Chris Scott's presentations are sincere and from the heart, which quickly engages his audience. Chris's message resonates as he discloses his own challenges, life experiences and triumphs, which leaves his audience feeling encouraged, empowered, inspired and ready to implement an action plan for personal future success*

-Lisa S. Oakland Community College  
Associate Dean

*Chris Scott is such a great speaker! He kept me engaged the entire time!*

-Tala A. Oakland Community College Student  
Leader

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