

POSITIVE THOUGHT SOLUTIONS

Resilience Outline*



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

1. What Is Resilience and why do you even need it?

2. Resilience is needed due to Life Setbacks

3. Internalizing Setbacks

4. What is Perseverance and its Relationship to Resilience

5. The science of Resilience

6. Interesting Facts about the Brain


7. Mindset is key to Resilience

8. Steps to become more Resilient

9. Conclusion

*There will be activities for group attendees

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POSITIVE THOUGHT SOLUTIONS

Mindset Outline*

1. What Is Mindset and why is it important?

2. You have Been Programmed

3. Open your Mind to the Possibilities

4. Rewrite your Reality

5. BEWARE of NEGATIVE ENERGY

6. What are Positive Affirmations and Self Speech and how can they help you?

7. Silence your Mind

8. Believe Now

9. Become Inspired

10. Associate with the Right People

11. Conclusion

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**Positive Thought
Solutions, LLC**

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POSITIVE THOUGHT SOLUTIONS

Emotionally Intelligent Leadership Outline*

1. What Is leadership and what leadership is not?

2. What is emotionally intelligent leadership and why is it important?

3. Optimism

4. Supportive Communication

5. Innovation

6. Building Teams

7. Conclusion

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POSITIVE THOUGHT SOLUTIONS

College Academic Success Strategies Outline*

1. Taking Control of MY Academic Success

2. Establishing Academic Goals

3. Establishing an Academic Schedule

4. Study Techniques

4. Working Hard and Playing Hard

5. College Resources not to Ignore

6. How to Approach a Professor for Help

7. Conclusion

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