



MODULE: 3 THINKING RIGHT – ‘MIND MAZE’ MODULE)
DAY/DATE: SATURDAY, 03 FEBRUARY 2018

- The above workshop was conducted on 03 February 2018, from 9.30 am to 2.00 pm at Bal Bharati Public School, Rohini under the aegis of BBPS Training Centre
- The Resource person for the day was Mrs Jyotsna Bhardwaj, Director, Evison India. Eduservices
- There were in all 22 participants from Sister Units of Bal Bharati Public Schools from Delhi/NCR.
- The main focus of the workshop was on Positive Thinking, Attitude and behaviour which were demonstrated through Play Share Activity, Discussion, Group Challenge and imaginations.
- Emphasis was also laid on behaviour of an individual which depends from person to person. 04 steps on Behaviour were discussed as under:
 1. Unconscious incompetence: The individual does not understand or know how to do something and does not necessarily recognize the deficit.
 2. Conscious incompetence: The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires concentration
 3. Conscious competence: The individual may be able to teach it to others, depending upon how and when it was learned.
 4. Unconscious competence: when you're doing something wrong and you don't know you're doing it wrong.
- The following 10 positive attitude/thinking principles were discussed:
 1. Positive Thinking principle: what do we feed our brain?
 2. Proactive principle : 'Just do it' – Take the initiative
 3. Appreciation principle: Count our blessings. Attitude of gratitude
 4. Small stuff principle: It's all small stuff. Should not be taken personally
 5. People principle: Surround yourself with positive people. Be enthusiastic
 6. Self Esteem principle: Have a future focus- quit criticizing yourself. Be assertive and always learning.
 7. Overwhelm principle: Organized and prioritized. Organized workspace. To maintain balance or at least work towards it.
 8. Flexibility principle : Be open to other people's ideas. Look for better ways.
 9. Response/ability principle: Response at the right place, right way and right time.
 10. The Self- awareness principle: Evaluate your present attitude. Are you happy with it? Ask for honest feedback from people you trust.
- The Workshop was overall educative and was delivered very effectively The Resource person was a good communicator and could hold the interest of all the participants.