

# Adventures in Attitudes®

*Adventures in Attitudes®* is an empowering program designed to help people understand that how they perceive and respond to events around them is their choice. This awareness is the first step in changing negative attitudes to positive ones. It's a valuable resource for establishing personal responsibility and accountability in the midst of change. And it helps turn passive resistance into high-energy performance.

Over 4 million people, worldwide, have experienced *Adventures in Attitudes®*. As a result of this program, companies have seen an increase in job satisfaction, lower turnover, and improved communication and customer service.

## A Proven Agenda

The program is a remarkable process of self-discovery using small group interaction, shared personal experiences, individual and group exercises, and facilitator-led discussion.

## Module Topics

- Effective listening
- Developing communication skills
- Attitude awareness
- Dealing with emotions
- Understanding people
- Attitudes of personal empowerment
- Creative problem solving
- Team building strategies
- Motivational power
- Reaching your potential



## Format

*Adventures in Attitudes®* is an intensive, but flexible program. It can be offered over several days or, in a module format, over several weeks.

Ten-module program, approx. 2.5-3 hrs. each module, 24-32 hrs. Can be delivered in:  
3-4 successive days or one week apart  
10 3-hour sessions, 1 or 2 per week

## Course Objectives:

Participants will:

- Have an increased self-awareness
- Affirm their strengths, talents and abilities
- Know how to transform negative attitudes into positive ones
- Understand the benefits of increased communication and teamwork
- Increase their flexibility
- Reduce their stress and conflict
- Understand how to set meaningful goals
- Interact with others in new ways

Morgan Seminar Group

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## Group Size

- Recommended group size is no fewer than 12 participants.

## Needed Materials

- *Adventures in Attitudes*® participant manual, \$95

## Recommended Reinforcement Materials:

- *Adventures in Attitudes*® audio album (25 messages and insights to encourage and sustain positive employee attitudes and performance), \$50
- *The Positive Mind* audio album (12 memorable messages to overcome negative thoughts and think positively), \$40
- *Life's Lessons: Insights and Information for a Richer Life* book, \$9.95
- *Attitude: Your Most Priceless Possession* book, \$10.95
- *Life is an Attitude!* book, \$14.95

## Facilitator Options

1. **Can be led by internal "trainer"** (could be a manager). The Leaders Guide is easy to follow. The facilitator times exercises, manages reports from groups, organizes activities, and moves group to next exercise.
2. **Can be led by Morgan Seminar Group trainer.**

## Other Possible Titles:

Enhancing Employee Attitudes and Performance  
Human Relations in Business  
Increasing Personal Effectiveness

## Investment Options

Internal Trainer:

- \$95/participant for Participant Manual
- \$425 for each trainer for Facilitator's Kit (fully scripted manual with master overheads and activities)

Morgan Seminar Group Trainer

- \$695/participant, includes Participant Manual, for 3 full day course, with a minimum of 15 people

*Adventures in Attitudes*® is a registered trademark of Carlson Learning Company.

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