

PERSONALITY ENHANCEMENT TRAINING

Positive Attitude & Problem Solving

Develop a positive mindset, think creatively, and solve challenges with confidence and clarity.

2-Phase Program

Certified Trainers

500+ Students Trained

About the Course

Success is not determined by the challenges you face, but by the way you respond to them. A positive attitude helps you stay motivated during difficult situations, while strong problem-solving skills enable you to make smart decisions and find practical solutions.

This course is designed for students, job seekers, and working professionals who want to develop a growth mindset and improve their ability to analyze problems, make informed decisions, and overcome obstacles with confidence.

By the end of this course, you'll have the confidence to face challenges positively, make better decisions, and turn problems into opportunities for growth.

2

PHASES

5 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is ideal for students, job seekers, working professionals, entrepreneurs, team leaders, and anyone who wants to develop a positive mindset and improve problem-solving skills. No prior experience needed.

What You'll Gain



Build a positive, growth-oriented mindset



Develop structured problem-solving and decision-making



Improve confidence handling challenges and change

Course Structure

Phase 01 · Understanding Attitude & Creative Thinking

This phase focuses on developing a positive mindset and understanding how your thoughts, attitudes, and creativity influence your ability to solve problems effectively.

WHAT YOU WILL LEARN

- Understanding Creativity and Problem Solving
- The Role of Innovation in Finding Solutions
- Attitudes That Limit Creative Thinking
- Removing Mental Barriers to Problem Solving
- Problem Identification vs. Problem Solving
- Understanding Positive Attitude
- Developing a Growth Mindset
- Changing Negative Thinking Patterns
- Cognitive Dissonance and Attitude Change
- Values, Personality, and Their Impact on Behaviour

OUTCOME

- Develop a positive outlook towards challenges and improve creative thinking
- Recognize limiting beliefs and build confidence approaching problems logically

Phase 02 · Problem Solving Tools & Decision Making

This phase introduces practical techniques and structured frameworks to analyze problems, generate solutions, and make effective decisions in real-life situations.

WHAT YOU WILL LEARN

- Problem-Solving Frameworks
- Problem Identification Techniques
- SWOT Analysis
- Pareto Principle (80/20 Rule)
- The 5 Whys Technique
- Brainstorming Methods
- Decision-Making Tools
- Evaluating Alternatives
- Selecting the Best Solution
- Applying Problem-Solving Techniques in Everyday Situations

OUTCOME

- Solve problems using structured methods and improve analytical thinking
- Make better decisions and build a solution-focused mindset

What Students Say

"This course completely changed my way of thinking. Instead of worrying about problems, I now focus on finding practical solutions."

Rohit Sharma

Software Engineer

"The problem-solving techniques and decision-making tools were easy to understand and immediately useful in my workplace. I feel much more confident now."

Priya Kapoor

HR Executive

Frequently Asked Questions

Do I need any prior experience?

No. The course is suitable for beginners as well as professionals who want to improve their thinking, decision-making, and confidence.

Is the course practical or theory-based?

The course focuses on practical learning through case studies, interactive discussions, and problem-solving exercises.

How will this course help my career?

Developing a positive attitude and strong problem-solving skills improves decision making, leadership, teamwork, and adaptability.

Will I receive a certificate?

Yes, participants receive a Certificate of Completion from Groomx Finishing Academy.

**Ready to Develop a Positive Mindset and Become a
Confident Problem Solver?**

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