

Getting Motivated

NEW DVD 2009 release!

SYNOPSIS:

An animated series developed by psychologist Eve Ash to help people get motivated. Learn how to create a positive mindset for work and improve your productivity and service attitudes. Find out about the Negative Land of W, the negative mood monster and negative scripts and how they keep you stuck. Learn how to use positive scripts to motivate yourself, achieve goals and be successful.

DURATION:

8 minutes (4 x 2min episodes)

Episode 1: GETTING UP

Episode 2: GETTING STARTED

Episode 3: GETTING CONTROL

Episode 4: GETTING POSITIVE



PDF WORKBOOK
ON DISC



STOCKCODE: GETMOT
ISBN: 978-1-921409-67-7
DVD PRICE: A\$495



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PSYCHOLOGY BACKGROUND:

Eve Ash, psychologist, provides a strong rationale for success: if we think positively and convert our negative thinking to positive thinking, then we are more likely to act positively which in turn will lead us to be more successful. But too often our minds get clouded with negative thoughts or "scripts" that block us from achieving our potential. By learning to turn these around and creating powerful positive scripts we can become much more motivated, happy and successful.

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