

Reframing the Mind: Turning Everyday Narratives into Growth Stories

We all tell ourselves stories about our daily experiences—at work and in life. These stories shape how we feel, how we perform, and how resilient we are in the face of challenges.

Have you ever noticed how the same setback can feel like a failure to one person, yet a valuable lesson to another? The difference often lies in the narrative we create around it.

Join this webinar to discover simple, evidence-based ways to reframe everyday narratives and turn challenges into empowering growth stories.

Learning Objectives

- Gain insight into how automatic self-narratives influence emotions, stress, and daily performance.
- Develop the ability to identify common negative stories that limit resilience and wellbeing at work.
- Acquire practical, evidence-based skills to reframe everyday challenges into empowering growth narratives for lasting positive change.

Content Outline

Discover How Everyday Narratives Shape Your Emotions and Performance

- Explore the power of self-stories and why the same situation can feel like failure to one person and growth to another.
- Understand the impact of negative narratives on stress, resilience, and workplace wellbeing.

Recognize Common Negative Stories We Tell Ourselves at Work

- Identify relatable examples like "I always mess up" or "Feedback means I'm not good enough."
- See how these automatic thoughts affect confidence, productivity, and team dynamics.

Master Simple Techniques to Turn Challenges into Empowering Growth Stories

- Learn evidence-based tools to reframe setbacks as "plot twists" in your success journey.
- Practice rewriting a personal challenge into a growth-oriented narrative.
- Leave with practical skills to build lasting resilience and a more positive mindset.