

# Master your Mindset

By Turning Obstacles  
into Opportunities



**Be the boss of your thoughts - not their slave, so you can make better decisions during high-pressured times and follow a structure that helps you to master change.**

During this session you will learn:

1. Three mindset hacks to quickly turn negative emotions into positive emotions during your workday.
2. How to distinguish between a curveball and a cannonball so you don't overreact to challenges at work.
3. How to own your thoughts rather than react to them, so you can pin-point opportunities even when the going gets tough.

