



*Conference:  
Developing Personal Effectiveness with Positive  
Skills*

*20 - 24 September 2026  
Istanbul (Turkey)  
DoubleTree by Hilton Istanbul Esentepe*

## Conference: Developing Personal Effectiveness with Positive Skills

Conference code: CO8160 From: 20 - 24 September 2026 Venue: Istanbul (Turkey) - DoubleTree by Hilton Istanbul Esentepe Conference Fees: 6300 ₺ Euro

### Introduction

Success in the business world begins with applying discipline to your life and actions, fostering personal effectiveness and professional excellence. As S. N. Bremer emphasized, self-mastery is the cornerstone of self-development, and Aldous Huxley highlighted that improving yourself transforms your universe. Your self-image acts as a blueprint, shaping your actions and achievements, as Denis Waitley noted, emphasizing the power of internal growth over external circumstances. This conference aims to instill discipline, positivity, and motivation to help you unlock your full potential and achieve success.

### Objectives

- To empower and enable you, to develop in the areas of personal effectiveness, and character empowerment, that is required in today's global economy
- To build these empowerment skills into achieving excellence in every area of personal and corporate life.
- To highlight the 90% "People Factor", in contrast with the 10% "Performance Factor."
- To equip and maximize your potential, develop positive habits, and thus increase your productivity, in the workforce.

### Target Audience

- Professionals and employees seeking personal development and self-improvement
- Supervisors, team leaders, and managers aiming to enhance motivation and productivity
- HR and training professionals involved in employee engagement and development programs
- Sales, customer service, and client-facing staff requiring strong interpersonal effectiveness
- Organizational development and performance improvement professionals
- Individuals preparing for leadership roles and career advancement
- Entrepreneurs and business owners focused on mindset, discipline, and success habits
- Consultants and coaches in personal development and motivation fields
- University graduates and early-career professionals entering the workforce
- Anyone interested in building discipline, positive mindset, self-image, and motivation for success

### Outlines

#### Day 1: Mind Empowerment

- What does the word "think" really mean?
- Thought precedes all action

- Roger Bannister's program to break the 4-minute mile barrier
- Understand the power of your conscious subconscious mind
- Realize the power of your imagination
- Understand the significance of teleological thinking
- How to deal with disempowering thinking
- How to use the Replacement Principle
- How to create a disciplined character

#### Day 2: Appreciation Empowerment

- One of the six basic psychological needs of man
- Why is appreciation so important?
- Learn the attitude of gratitude
- Express appreciation to those you work with
- Discover the statements that build appreciation
- Learn how to express appreciation in a variety of ways
- Learn how to make appreciation a vital part of your life

#### Day 3: Attitude Empowerment

- What does "attitude" really mean?
- What is the 85% x 15% attitude success factor?
- Understand the importance of attitude adjustment
- Mallory's failed expedition to Mt. Everest
- How to maintain the right Attitude?
- Associate with Positive growing people
- Listen to, and read daily motivational materials
- Enjoy the medicine of real laughter
- Have a fresh and new attitude in everything you do

- How to create a disciplined character

#### Word Empowerment

- Every word you speak releases the power
- Every declared word is empowered positively or negatively
- How your words can build up or destroy a person
- Learn what sort of words encourage and build up people
- When you open your mouth, your mind is on parade!
- How to make wise decisions

#### Day 4: Self-Image Empowerment

- Understanding who you are
- What is your Self-Image?
- Discover the one prime cause for success or failure in life
- Release yourself from other people's expectations
- Know the power of discovering your self-image
- How to overcome a low self-image
- Discover the power of choice
- How to build your self-esteem
- See what creates your Screen of reality
- How do you see yourself?
- Realize nothing has any perspective, other than what you give it
- Check your train of emotional thought
- How do you process an event?
- See how your choice affects your circumstances
- Create a new picture, of a new you
- How to develop healthy self-esteem

## Day 5: Motivation Empowerment

- What does the word "motivation" really mean?
- Learn what motivates you and what motivates other people
- What happens when you are personally motivated?
- Find out the key factor in a survey of 100 "most successful business persons in the world"
- What does motivation do? Discover the 10 powerful results!
- Discover the medical findings and physiological impact that motivation brings to the body
- Find out why we lose motivation
- Learn the 3 major steps of motivation empowerment
- How to be action orientated
- Develop and proactive lifestyle

## Registration form on the Conference: Developing Personal Effectiveness with Positive Skills

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
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### Company Information

Company Name: .....  
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### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
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### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
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