

## Belief: A Powerful Component of Success

*Belief doesn't make something happen because it's wanted, but it does make a journey easier.*

*Individuals who don't believe in themselves shouldn't expect others to readily believe in their cause(s).*



### Course Summary

Discuss the components of belief, the reasons these are important, and tools to help individuals achieve their goals.

### Target Audience(s)

- Entry
- Mid-Level
- Executive

## Course Description

Belief is a valuable tool that some have, haven't developed, or don't understand the best way(s) to leverage it. Individuals who don't have belief can be limited in their options, afraid to try new things, or blocked from achieving their potential. Conversely, those who have belief are more open to new ideas, willing to take more chances, and also have a greater potential to live a fulfilled life. This session identifies the importance of "belief", along with the reasons that it's a powerful component of success.

### Learning Objectives

- Define belief and the reasons it's important
- Identify barriers to the development of belief
- Identify the components of belief
- Understand the impacts and benefits of not having belief
- Discuss questions that test an individual's resolve
- Define self-talk, along with the importance of having one
- Develop an actionable self-talk

### Questions Covered

- Why is belief important?
- What are the components of belief?
- Why are the components of belief important?
- What are the impacts of not having belief (in an individual's capabilities)?
- How can an individual move past doubts, fears, and worries toward actionable goals?
- How can an individual use belief to their advantage?
- Why might belief be an effective tool to achieve success?

## About Beyond SPRH, LLC

Beyond SPRH, LLC is an innovative, solution-oriented, and dynamic service provider, which delivers customer focused, creative, and quality services without a significant cost investment. Beyond SPRH helps individuals and organizations maximize output potential. Beyond SPRH's goal is to deliver quality services with minimal time, effort, and cost with an objective of highly satisfied customers and measurable performance outcomes.

**Vision:** Become an industry leader that provides cost effective training, publishing, and consulting services that aid in individual and organizational development at a reasonable cost.

**Mission:** Deliver quality, cost effective, and customer focused solutions, which help individuals and organizations to deliver superior performance.