

INSURANCE CONFERENCE 2022

**STRENGTHENING RESILIENCE IN A CHANGING
ECONOMIC LANDSCAPE – THE CASE OF INSURANCE**

Topic: **MINDSET TRANSFORMATION APPROACH FOR
PERSONAL, PROFESSIONAL AND ORGANIZATIONAL
DEVELOPMENT**

Speaker: Dr.T.Kusanthan

Organisation: Life Transforming Institute





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Mind is never a
problem. Mindset
is
Narendra Modi

#funny

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- A mindset is a set of beliefs that determine how we perceive ourselves as well as the world.
- It influences how you think, feel and behave in any given situation.
- It is scientifically proven that mindsets play a critical role in determining one's life outcomes and **how one copes with personal and professional challenges.**



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A NEGATIVE
MIND WILL
NEVER
GIVE YOU A
POSITIVE LIFE

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The biggest obstacles on your path to success is a negative mindset.

By understanding, adapting and shifting ones mindset, an individual can improve their health, decrease stress and become more resilient to life's challenges.



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- Your mind will take you where you have been programmed.
- If you believe that you cannot have anything, then you cannot have them.
- If you're constantly have negative about the goals you want to achieve, you're preventing any kind of progress in your life.
- If you believe that business is bad, and there no opportunities, your mind will take you there.



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If your mind
can *conceive*
it...
Your body
can *achieve*
it.

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”

When You **Believe**
I-Can-do-it, the
How-to-do-it
Develops

“



-David J.
Schwartz

Today**G**ospel
www.todaygospel.net



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What Kind of Mindset Do You Have?



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- ✓ The latest brain science research has shown that financial success is largely determined by what is happening in your mind.
- ✓ Money is largely emotional and mental. A study shows that 20% percent of business success is due to mechanics and 80% is due to your psychology.
- ✓ A very rich man once said, “If you took all the money in the world and divided it equally among everybody, it would soon be back in the same pockets it was before.”



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**THERE ARE NO LIMITS TO WHAT
YOU CAN ACCOMPLISH,
EXCEPT THE LIMITS YOU PLACE
ON YOUR OWN THINKING.**

- BRIAN TRACY

QUOTESPEDIA.ORG

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- We live in a world where people make assumptions based on their limited thinking
- Limitations only exist to those who set them and live only in their minds.
- But if we use our imaginations, our possibilities become limitless.



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"If you are born poor, it's not your mistake. But if you die poor, it's your mistake."

- Bill Gates

@THEREMOTEMOM



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THE POWER OF BELIEF

Never Underestimate The Power of Believing in Yourself

Happy Inside Happy Outside

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- Beliefs are invisible programs running in the back of our minds that controls everything we can do and everything we cannot.
- Your beliefs about yourself will define who you become, they will dictate how you act and what you aim for in life.
- What kind of beliefs system do you carry them in your life? (Positive or negative, workable or unworkable, empowering or disempowering).



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**Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.**

Mahatma Gandhi

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- Whether these beliefs are true or not, really doesn't matter because if we accept them as true, then they are true for us.
- Your mind doesn't know the difference between what is real and imaginary.
- By creating our own limitations through our belief system, we become limited not by reality, but by reality as we perceive it to be.



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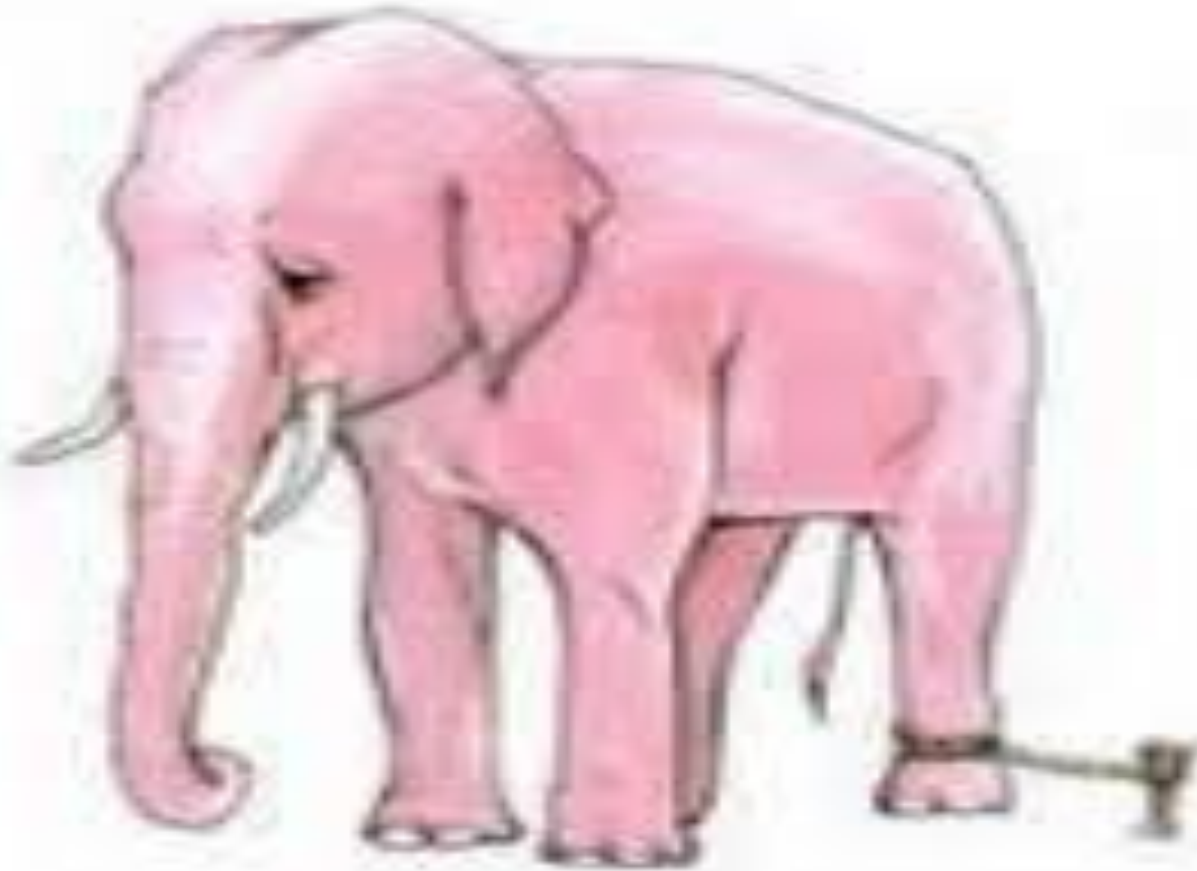


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**The elephant
is held back
not by the
puny rope
but by its
belief system.
Are you too?**



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Your beliefs are
a magnet that
create your
reality.

~ Coach Bobbi

www.askcoachbobbi.com

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Jesus said to him,
**IF YOU CAN BELIEVE,
ALL THINGS ARE POSSIBLE
TO HIM THAT BELIEVES.**

Mark 9:23

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- The philosopher Bertrand Russell once wrote that, “the very best proof that something can be done is that someone else has already done it”.
- Most people take the limits of their vision to be the limits of the world. A few do not. Joint them.
- When Paul Gretty started in life, he made up his mind to find out the beliefs of the most successful people, and then he went out and modeled them



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**To change your life, you
have to change yourself. To
change yourself, you have to
change your mindset.**


www.idlehearts.com

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**ONCE YOUR MINDSET
CHANGES,
EVERYTHING ON THE
OUTSIDE WILL CHANGE
ALONG WITH IT.**

STEVE MARABOLI
FEARLESSMOTIVATION.COM

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- If you want to be a successful in any area, you'll need to learn how to master your own mind.
- The starting point of making permanent and lasting changes in your life begins with right mindset.
- If your business, your career, your relationships, your health or your life are not where you want them to be right now, then a mindware upgrade might be exactly what is needed.



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- Many of the problems in the world today cannot be solved, with the Version of the software we used in the seventies.
- You need to upgrade your mind's software to more advanced version.
- If we want to truly transform, then we must open our minds to new way of thinking.
- The program is about how to make your mind work for you instead of letting it working against you.



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- Learn to programme your mind, and you will have the key to your life.
- The choice is this, who is going to do the programming? Are you going to do it or are you going to let someone else to do it for your.
- The fact of the matter is that there is no one else in the world that wants for you what you want for you.
- It is important that don't allow other to do the programming for you.



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- This programme can help you to change your beliefs so that you can create your own set of empowering beliefs to support the way you really want to be.
- You don't need to carry around redundant or even destructive beliefs system belonging to someone else.
- You can create your own empowering set of beliefs.
- This programme can help you the techniques to rewrite your own his history.



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THINK-FEEL-DO Cycle

CIRCUMSTANCE:

The neutral facts, separate from any thoughts or opinions.

THINK

The sentences that run through your mind, helping you assign meaning to our circumstances.

FEEL

The vibrations and emotions that run through your body as a result of your thinking.

DO

The actions and behavior inspired by your emotions and feelings.

RESULT

The outcome of the actions that you do or don't take.

Whatever the **CIRCUMSTANCE**, the way you **THINK** determines how you **FEEL** which impacts what you **DO** to create your life **RESULT**.



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**Often people attempt
to live their lives backwards
they try to have more things or more money
in order to do more of what they want so
so that they will be happier**

THE WAY IT ACTUALLY WORKS IS THE REVERSE

**You must first
BE who you really are then
DO what you need to do in order to
HAVE what you want**

— Margaret Young



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- Your outer world is a direct reflection of your inner world.
- You do not see the world as it is. You see it as you are.
- If you have negative mindset, you find that it will manifest and become part your outer world.
- Change your inner world to change your outer world.



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**ONLY THOSE WHO CAN
SEE THE INVISIBLE
CAN ACHIEVE THE IMPOSSIBLE**

@ F E A R L E S S M O T I V A T I O N O F F I C I A L

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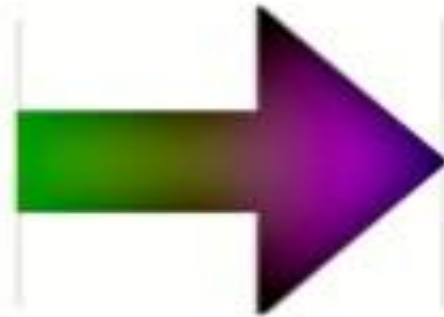
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The Be Do Have Mentality

BE



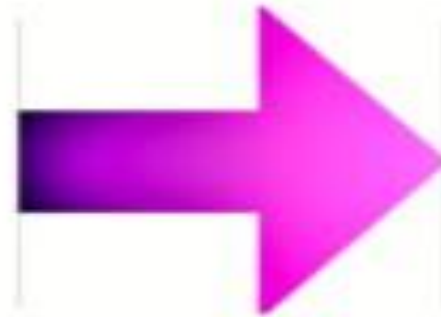
Create a way
of being in
alignment
with your
goal.



DO



Your way of
being will
propel you
into action.



HAVE



The results of
your actions
will bring
you to your
goal.



- High-performance people that get things done, know this secret: “Believing is seeing”.
- If you say, *“I will be happy when (fill in the blank)”*.
- *You* can allow outer circumstances to determine your state of being- your level of happiness or outcome.
- The problem is that we trying to “right” the world’s “wrongs” from the outside in.
- Everything that you want can be created through the use of right mindset.



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Great minds discuss ideas; average minds discuss events; small minds discuss people.

Eleanor Roosevelt



AZ QUOTES

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The programme is designed to provide practical skills and guidance that empower people to overcome the perceived limitations and enable them to become the person they have always wanted to be in life.

The programme will provide individuals with the keys to build a lasting change in personal development and organisational success.



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- The programme has helped many individuals to discover their hidden capabilities that have enhanced their ability to achieve life goals. With the help of the programme, many have been able to influence and transform minds, control their mental and emotional well-being, find new joy and new direction at home and at work.
- The programme will also help individuals to effectively deal with mental issues and sustain self-esteem in the current climate.



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- The programme will also help individuals to effectively deal with mental issues and sustain self-esteem in the current climate.
- The workshop will help people to develop a growth mindset, improve mental skills, overcome challenges and boost performance in their workplace. It will further equip individuals with tools to adopt a mindset that will enable them to survive, overcome and succeed in this challenging world.



By the end of the workshop, participants will be able to:

- Break the negative mindset, thought patterns and habits that you have struggled with for a long time;
- Acquire skills of effectively transforming your mindset to achieve what you want;
- Reposition your thought processes for a lasting change to achieve personal and organisational excellence;
- Control thoughts, feelings and emotions that constrict your growth;



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By the end of the workshop, participants will be able to:

- ✓ Acquaint yourselves with attitudes of accelerated personal performance;
- ✓ Acquire skills and attitudes to enable you to do what you currently cannot, but would like to do;
- ✓ Acquire skills of human efficiency that will lead to greater success at personal and family levels;



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By the end of the workshop, participants will be able to:

- Eliminate stress, low self-esteem and other factors that hinder your ability to achieve your goals;
- Learn how to manage the internal conflict and remain with positive energy to achieve what you want in life;
- Learn how to upgrade and master your mind in order to become a better version of yourself; and
- Learn positive coping skills which enhances good mental health and well-being.



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- You will learn practical skills, which will enable to influence your state and health in the way you think.
- You will be capable of generating whatever state you want in yourself: relaxation, excitement, peace, confidence.
- You can create the memories that you want to have and you have the ability to do this.
- You will be able to manage your thinking process which is the heart of being able to manage yourself.



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