Cognitive Behavioural Therapy:
Key to Boost Productivity at the Workplace

Do you want to help your colleague to have good emotional control?
Do you know human emotions affect our health and productivity?

Introduction

Cognitive behaviour therapy is a powerful tool to help organisations to boost organisation productivity. In cognitive behavioural therapy, the participants would learn how to help others in the organisation by creating productive behaviour, productive feelings and productive thoughts. When the strategies are applied correctly, the participants would be able to transform the employee culture in the long run.

Program Objectives

This program aims to
- Provide broad coverage of the area of cognitive therapy. The advantage and application in different disorders are stressed.
- Enable participants to apply and conduct cognitive therapy in daily practice to boost their productivity.

Learning Outcomes

After completing this program, participants should be able to
- Enhance understanding of principle cognitive therapy
- Overcome issues on different types of emotional disorder.
- Help other employees to boost their productivity

Who should attend?

Non-managerial, first-line management, middle management, senior management and anyone who has an interest in cognitive behavioural therapy

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	**People Problem and Problem People** In this module, the participants would understand the onset of a human people problem - how, why, when, and what issues are addressed in this module. The participants would be aware of the similarity of all issues and problems encountered by the employees in the organisation.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**Tapping the Internal Communications** The participants would learn the fundamentals of talk therapy. The talking technique such as active listening, acknowledging, confronting, conducting summary, paraphrasing and other techniques would be trained in this module.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Sensing Human Emotion** In this session, the participants start to learn the fundamentals of emotions, a method to identify human emotion and methodology to handle human emotions.
3.30pm-4.00pm	**Tea Break**
4.00pm-5.00pm	**Venturing into Cognitive Behavioural Therapy (CBT)** This module aims to introduce the concept of CBT. The A-B-C-E-D model would be introduced in this module.

Time	Day Two
9.00am– 10.30am	**Identifying Activating Events or Adversity** This is the practical session where the participants are trained on how to understand the activating events. Roleplay is conducted to ensure the participants have the skills to identify activating events.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**Sensing Beliefs and about Events or Adversity** In this module, the participants would be trained on how to obtain data and information about the belief about the event. The participants would learn the questioning method and nonverbal observation to identify the right belief of the employees about an event or adversity.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**The Emotional Consequences and Creating Dispute Strategy** After identifying the belief, the participants would learn how to sense the emotional consequences of the event. The active listening and active observation skills are trained so that the participants would be able to create strategies for the dispute in the next session.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**The Disputation to Challenges Self Defeating Belief** In this session, the participants would implement the dispute strategies created in the previous session and reinstall with the new belief and new emotion for the event. The participants would learn techniques of visualisation and create an assumption so that the application of CBT to boost the productivity of the employees can be achieved.