



# IMS Scotland

The Institute for Management Studies, 201 West Liberty Street, Suite 100, Reno NV 89501

SUBJECT	<b>THE POWER OF A POSITIVE ATTITUDE: HOW TO CREATE YOUR OWN SUCCESS</b>		
FACULTY	DR. ED FOREMAN		
LOCATION	Norton House Hotel Ingliston, Edinburgh, Midlothian, EH28 8LX 0131 333 1275	DATE	Thursday, July 8, 2010
		REGISTRATION	8:30 AM
		SESSION	9:00 AM - 4:00 PM

## TIME TOPICS

<b>30%</b>	<p><b>How to develop a winning spirit and make every day a terrific day.</b> Specific step-by-step techniques to help individuals develop and maintain a wholesome, positive mental attitude; Controlling your response to life's challenging situations rather than letting them control you, thereby making every day a successful day; Presentation and distribution of the popular "Daily Menu" for Total Quality Living and Turning Good Days into a Good Life!</p>
<b>20%</b>	<p><b>Personality profile recognition for improved interpersonal relationships.</b> Understanding and more effectively dealing with family, friends, and business associates; Assertive, positive situation control; Improved communications; How to deal with and persuade "difficult" people; Defuse conflict and toxic situations, improve your self-image and get along better with others.</p>
<b>30%</b>	<p><b>How the mind works to control your environment.</b> Understanding the conscious/subconscious mind relationship; The maximum brain energy learning level; How to use your mind to relax your body, relieve excess stress and replenish your energy; Recognizing the impact of thoughts (yours and others) upon your health, safety, performance and longevity.</p>
<b>20%</b>	<p><b>Maximizing your family, business and personal achievement levels.</b> How to turn worry, frustration and stress into happiness and success. Understanding the power of expectation. How to set, follow through, and achieve the desires of your life rather than having to settle for the necessities. Stimulating creativity.</p>

## SEMINAR DESCRIPTION

Dr. Foreman's personal development program is designed to help people from all management levels recognize, attain and enjoy the art of: improved personal living; attitude improvement; better time management; more vibrant physical, mental and emotional health; improved self-appreciation and direction; mind-controlled relaxation; personal, business and family goal establishment; problem solving and successful daily living. It is a unique, comprehensive habit-improvement program that mentally, physically, and emotionally improves your sphere of living. The program teaches specific techniques for making this an automatic part of your subconscious mind. It will help you eliminate self-defeating behavior and improve your self-confidence through positive, success-generating habits, putting you on the road to greater achievement and a more rewarding life. This one-day format highlights the popular three-day *Successful Life Course* featured positively on CBS News' *60 Minutes*.

## FOR RESERVATIONS

**Graeme G. Crawford**  
 Phone: (0131) 447-8457 Fax: (0131) 447-2585 e-mail: [Scotland@ims-online.com](mailto:Scotland@ims-online.com)

## FACULTY



**DR. ED FOREMAN** started out as a poor farm kid and became a self-made millionaire at age 26. He is the only person to be elected to the United States Congress from two different states (Texas and New Mexico) in over 150 years! He has enjoyed a close working relationship with six U.S. Presidents and has served in both the U.S. Navy and the U.S. Air Force. Dr. Foreman holds an Honorary Doctorate of Letters degree from New Mexico State University, where he also earned a Bachelor of Science degree in Civil Engineering. He is a member of the CPAE Speaker Hall of Fame. He is a motorcycle, sports car, and hot air balloon enthusiast, an outdoor adventurer and international traveler. Dr. Foreman is also a board member, officer, or major stockholder of a dozen successful corporations in real estate, construction, restaurants, transportation and petroleum development. He has been recognized for his remarkable leadership, worldwide, in the special education and counseling of more than 30,000 graduates of his renowned, life-enhancing **SUCCESSFUL LIFE** course. Dr. Norman Vincent Peale, author of *The Power of Positive Thinking*, and minister to millions, said, "Ed Foreman is a highly inspirational person. I'd like to be exposed to him more often. There is truth, meaning and life in what he teaches." He is an informative and entertaining speaker who delivers a memorable, powerful message that will favorably impact your life for the better.

## GUIDE TO PARTICIPANT SELECTION

SENIOR EXECUTIVE  
(Pres, Exec & Sr. VP)

EXECUTIVE  
(VP & General Mgr)

SENIOR MANAGER  
(Div. & Reg. Mgrs)

MIDDLE MANAGER  
& SUPERINTENDENTS

3	3	3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	3	2	2	2	2	2	2	2	2	2	2
1	1	1	1	2	1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1	1	1	1	1	1
Admin	Distrib	Engr	Finc	H.R.	Legal	Mktng	IT	Ops	Plng	Pchsg	R&D	Sales	

APPLICABILITY

"1" indicates primary target audience

"2" indicates a good fit if the level of material is appropriate

"3" indicates (in the opinion of the Institute and faculty) limited applicability.

## FOCUS

PRIMARY

**LEADERSHIP DEVELOPMENT:**

Adaptability, Commitment, Communications, Creativeness, Decisiveness

SECONDARY

**EXECUTING/CONTROLLING/EVALUATING:**

Decision Making, Direction, Coordination

TERTIARY

**PLANNING/ORGANIZING:**

Problem Identification

LEVEL

Introductory  Intermediate  Advanced