



**ACADEMY**  
OF DISTINCTION ODV

## **BREAKING GOOD!**

**TIPS FOR BLOCKING NEGATIVE  
THOUGHTS TO LEARNING**

**FREE ONLINE WEBINAR**



**DATE**

28 Feb. 2024



**TIME**

15:00 - 16:00 GMT



**George Kokolas**  
**SPEAKER**

Negative thoughts, bad moods, and boredom are frequent and, above all, perfectly normal feelings among students. The good news is that overcoming negative thoughts and developing a positive mindset for effective learning is something that you can achieve through training. This interactive session will explore practical strategies to block self-doubt, improve focus, and enhance confidence. You'll unleash your full learning potential by "breaking good" from possible negative thoughts and thriving in your educational journey.

**REGISTER NOW**



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