

SI LIEW

**Elevating
Professionalism: A
Paradigm Shift in Self-
Image for Pharmacy
Technicians**



Objectives

- Understand the impact of Your Self-Image on your professional behaviors and outcome
- Identify your limiting Beliefs and develop strategies to overcome your self doubt, feeling of invisible, not enough, fostering confidence and resilience

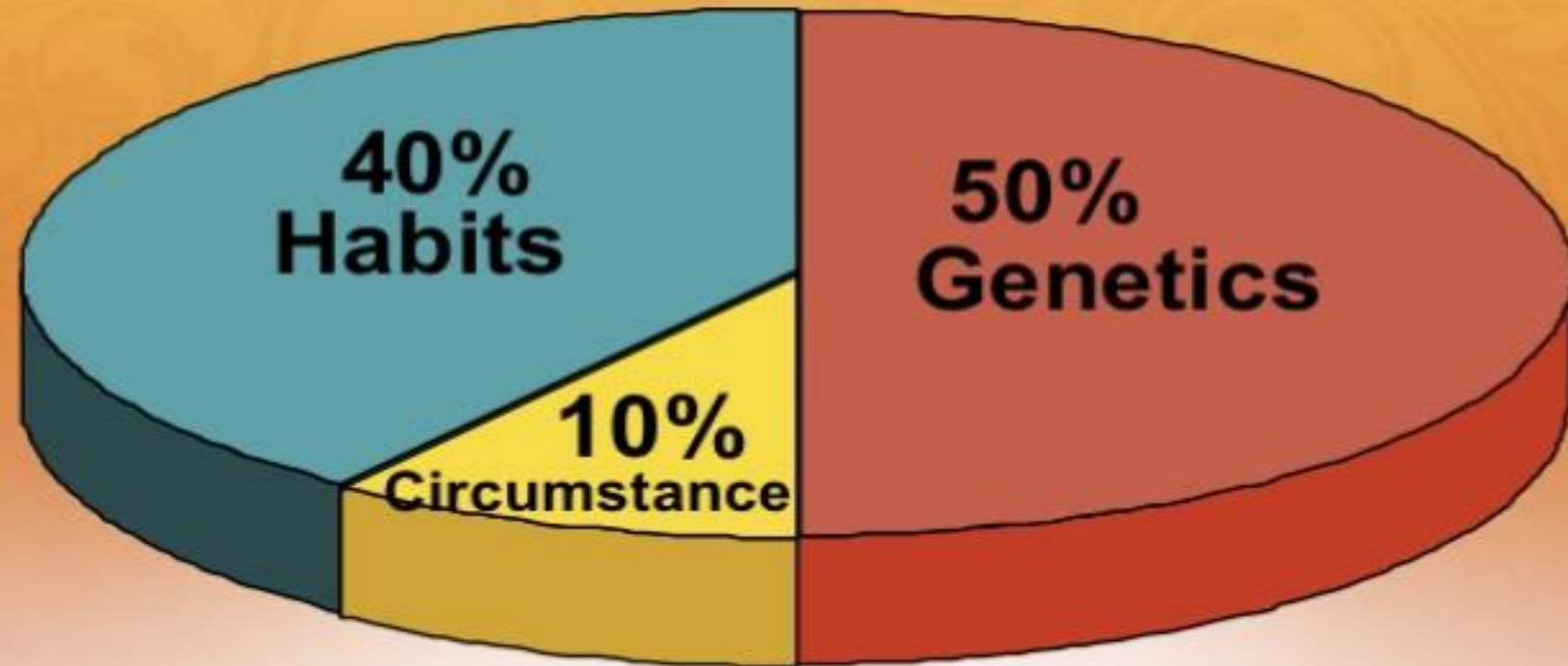
- Will adopt a growth mindset by identifying at least two areas for continuous learning and development within your career practice, relationship, health, finance and more.
- Apply practical techniques to enhance your professional image, promoting trust and respect.

Why are some People Happier Than Others?

If you and I were sitting over some tea at a sidewalk café and I asked you,

“Are you happy?,” what would your answer be?

Happiness Set-Point



Happiness Set-Point

- Genetic and learned tendency to remain at a certain level of happiness
- Can be adjusted and raised



Three Essential Questions.

1. How does Self-Image impact my life?
2. How is a Self-Image formed?
3. How is a Self-Image changed?

You must begin to...

THINK

One Life

**It's about How We
Spend Our Days**

One Life

**And it's all dependant on,
How We See Our Self... Our
Self Image**

Everyone Wants

FREEDOM



TIME and MONEY
FREEDOM

*"Knowledge is power, but knowledge about yourself
is self empowerment."*

DR. JOE DISPENZA

You Are
A Mass
Of Energy
And You
Function On
Frequencies

You Are
A Mass Of
Pure Energy



Like
Everything
You Function
On Frequencies

You Can Experience Greatness

MP

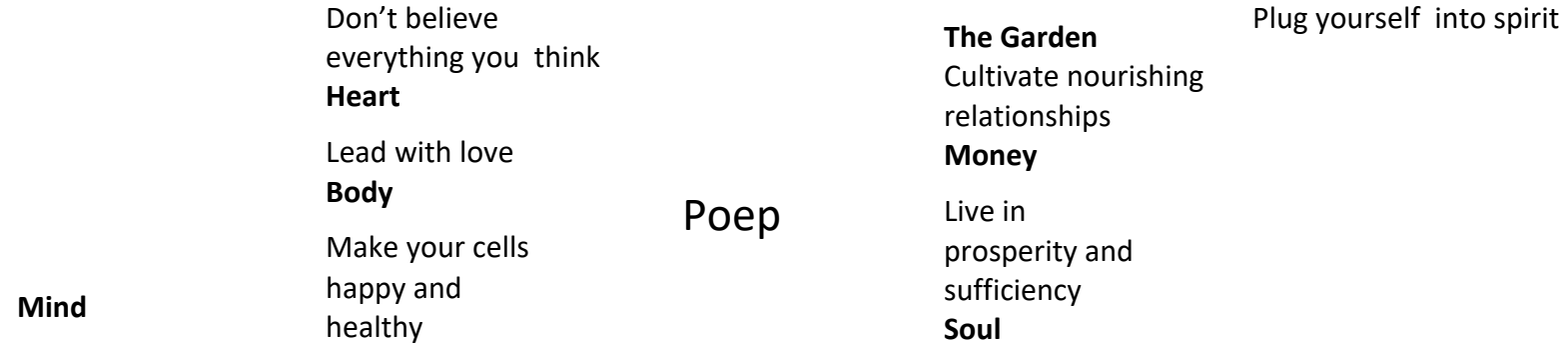
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We seem to have a basic Understanding
of this when using our phones.
However when it comes to LIFE we get lost.



Energy Attracts Like Energy

The Wellness Framework



Personal Disclosure

- I have no current or past

**relationships with commercial
entities**

- I have received no speaker's
fee for this learning activity

Reference:

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