**BANKERS….**

**Psychology reformative question?**

**Remember these common key points**

* Re attribute
* Praise effort rather than success/ outcome
* Give/ allow early success
* Praise/ positive reinforcement
* Reduce negative feelings
* Goals- SMART
* Raising confidence- Self Efficacy/ avoid learned helplessness
* Controlling arousal- Imagery
* Role Models- attainable
* Set challenging tasks