

Building Your Self-Confidence

This course has an effective hands-on workshop approach, to help eliminate defeatist attitudes that can hinder your path to success.

Who would benefit from attending?

Anybody who wants to build a very real feeling of trust in their own abilities, values, qualities and judgement and put them powerfully to good use.

Course Objectives

To build self-confidence that will enable you to crush barriers that hold you back from success.

To build and grow a ladder, step by step to high self-esteem and achievement.

Course Content

- How to begin to be anybody you want to be.
- How to communicate confidently face-to-face and on the telephone.
- There is nothing better than success – no matter how small - to create self- confidence. How to go the next step for success and the one after that, until you reach the summit.
- How to positively visualise and make affirmations that work for you.
- How to motivate yourself – only you really can.
- How to grow self-worth, positivity, confidence and distinction.
- How to target and achieve your own UCF (Unique Confidence Factor) and, maintain it.
- How to programme against life's knocks penetrating too deeply – being knocked over a few times makes it hard to get up again.
- How confidence is linked to assertiveness, and its practical importance in believing in yourself.
- How to actively encourage others to have belief in you.
- How to feel really good about yourself all the time.

Key Benefits

1. Confidence boosting ideas you can use immediately.
2. Key point refresher notes to use confidently.
3. Prestigious attitudes training certificate.
4. Training at your own premises. Or open scheduled courses.

