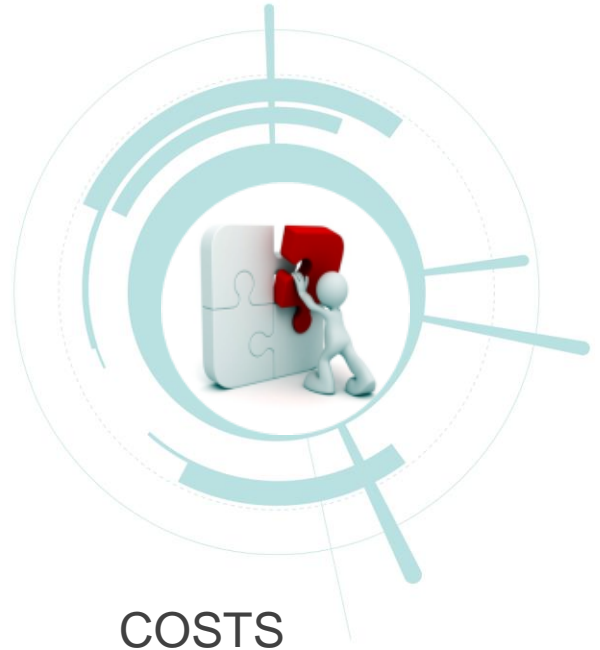


CONFIDENCE BUILDING FULL DAY

COURSE OVERVIEW

This course has been designed to improve self-esteem and confidence specifically within the workplace.

You will gain a full insight into personal values and beliefs, begin to understand yourself better, discuss image and communication styles, and be introduced to tools and techniques to build confidence. The 1 day course will conclude with some action planning and personal goal setting.



CONTENT

- Define confidence
- Signs of a confident person
- How we can build our confidence
- Self-confidence or self-esteem
- Insights in to self
- Beginning to change
- Communication styles
- Self-talk and beliefs
- Perception and image
- Assertive, Passive and Aggressive
- Behaviours
- Bill of Rights
- Choosing to change

COSTS

Per Group: £1000 + VAT

*Maximum 10 delegates per group.

20% discount applied if Core HR subscriber.

Training can be delivered at your premises or off-site at our unique training suite.