



Workshop Overview

Imagine how different things could be if you had the self-belief and fearlessness to communicate with others more confidently. This course helps you develop the courage to conquer your self-doubts, learn to believe in your abilities and make others believe in you. This workshop is for those who think they are underperforming because they lack self-confidence. Those who wish to play a more active role in teams by nurturing their self-belief.



Benefits

By attending this one-day workshop you will develop the self-confidence needed to step outside your comfort zone. In doing so you will learn you can achieve far greater results, the power to overcome obstacles and challenges in a more effective manner and learn how to set and achieve goals.

Outcomes & Content

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|----------------------------|-------------------------------------|
| ✓ Define self-confidence | ✓ Gain courage |
| ✓ What is self-confidence? | ✓ Self-acceptance |
| ✓ Where does it come from? | ✓ Develop a support team |
| ✓ How does it develop? | ✓ Set goals and SMART objectives |
| ✓ Conquer fears and doubts | ✓ Overcome obstacles and challenges |
| ✓ Identify fears | ✓ Effective communication |
| | ✓ Present ideas |



Who should attend ?

If you find that you are non-assertive at times and somewhat reluctant to contribute in meetings and articulate your ideas then this workshop is for you, whatever stage of your career this course will help you develop self-confidence and present yourself in a positive assertive manner without being dominant.

