



The Confidence Course

Confidence is something most of us could do with a little more of. We just need to identify the tools we all possess within ourselves and apply them the right way to help grow our confidence each day.

Aim of Course

This one-day workshop will help you to discover your own strengths and abilities and use them to help you think, act and speak more confidently. These tools will help you on your way to growing your confidence.

Gentle and fun exercises and role-play will help you try out your new skills in the safety of the workshop. Whether you are interviewing, starting a new job, trying to progress your career, or meeting new people, this course will prepare you to feel assured in any situation!

Delegates learn how to:

- Develop a more positive self-belief
- Conquer self doubt and negative thoughts and learn the power of positive thinking
- Develop confidence goals
- Use techniques to learn to speak using a clear and steady tone
- Become more assertive - to ask for 'what you want' and say 'no' politely but firmly
- Use positive body language to build a confident image
- Apply simple and easy techniques to create interesting conversation
- Understand how to build rapport to create more positive relationships
- Use the 'Confidence Tool kit' to continue to practice and grow confidence