

CONFIDENCE BUILDING

TRAINING COURSE OVERVIEW



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HERE IS YOUR CONFIDENCE

COURSE OVERVIEW

This half-day open course on building confidence is specially designed for people on your team who have low self-esteem or are just lacking confidence. No matter what the task, changing your mindset can help to overcome your fears.

It's not enough telling someone to be positive, it's better to tell them *how* to become positive and the benefits they will gain. This course starts by assessing your confidence level, then develops into giving you a huge number of practical tips that you can try out (at work or at home!)

Confidence can be a sensitive issue, so if you would prefer one-to-one coaching, please ask for details.

WHAT YOU WILL GAIN

- An assessment of your confidence level
- Realisation that confidence is situational and no-one is born confident
- Over 30 ways to develop your confidence
- An understanding of the differences between assertive, passive, aggressive and passive/aggressive behaviour
- Overcoming negative thinking with positive affirmations
- Techniques for overcoming nerves

COURSE DETAILS

DATE:	Various dates throughout 2019
VENUE:	Salisbury City Centre
TIME:	4 Hours
REFRESHMENTS:	Provided
COURSE NOTES:	Summaries of key points provided
TRAINER SUPPORT:	Individual support from the trainer by email and telephone for up to three months after completion
INVESTMENT:	<ul style="list-style-type: none">• Usually £99+vat per person• Early Bird discount £79+vat if booked more than 6 weeks prior to course date• More than one delegate? Ask us for discounted rates

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