

Confidence Building training - 1 day

In addition to this private Confidence Building training course we also offer a scheduled Assertiveness and Confidence Building training course.

Self-confidence is everything; it allows you to make the most of life's opportunities, face challenges and perform well when you need to.

Confidence Building Training Course Objectives:-

This Confidence Building training course achieves its aims through a wide variety of techniques: role-play; group exercises; cognitive training and relaxation strategies.

Confidence Building Training Course Content

Confidence Building Training Course Content:

- Workshop Objectives
- Improve self confidence
- Increase self-esteem
- Project positive self image
- Improve verbal and non-verbal communication skills
- Understand emotional intelligence
- Master speaking in public
- Create objective personal awareness

Course Outline:

- Introductions
- Discuss objectives
- Understanding the different interpretations of self confidence
- Master breathing and relaxation techniques to control shyness and fear
- Learn techniques for public speaking and how to 'feel' the audience
- Projecting a positive and confident image
- Develop body language and non-verbal communication to gain control
- Improve communication styles and listening skills
- How to view past experiences that have sabotaged your confidence
- Controlling nervous energy
- Evaluate personal strengths