

Self Empowerment and Self Confidence

Duration: 1 day

Confidence and empowerment are vital to everyone's personal well being and their performance at work. Otherwise, personal dissatisfaction, stress, poor health and an inability to perform can be created. The course is designed to assist people of all ages, levels and genders, to build and improve relationships with other people. The course addresses how to build respect, verbal communications techniques, and personal body language and how to positively affect it. The course covers elements such as self motivation, self belief, and circumstantial triggers, enabling individuals to learn how to deal with them in a safe and supportive environment.

Who should attend this course?

Individuals wishing to build and develop their self-confidence and enjoy increased levels of personal empowerment

Course Objectives

Upon completion of this course participants will be able to:

- Use practical clues to identify different personality styles
- Understand personal style and feel comfortable and confident with it
- Understand the concept of self esteem
- Relate to people better and present yourself more authoritatively using positive body language and positive language
- Overcome obstacles which hinder personal success
- Enjoy a positive self image and new found level of confidence
- Deal with and give criticism effectively
- Feel self empowered at the end of the day

Optional: Use of professional actors for role plays and practical activities

Course Outline

Understanding Ones Self

- Where do the roots of self esteem lie?
- Learn what holds you back, and learn how to release this latent potential
- Understand your own attitudes and behaviours
- Understand attitudes and behaviours of others
- Learn why it's ok to have been lacking confidence – and why it's ok to move on and gain new found confidence
- Emotional Intelligence and it's application in self-empowerment

Private Self Analysis - without any threat!

- Personal and confidential self-assessment exercise
- What external influences are there on your own self esteem?
- Strategies to deal with them after the course
- How to build working relationships with confidence

Dealing with Difficult People

- Recognising previous triggers
- How to resolve conflict
- Giving and receiving criticism

Communicating With Confidence

- The 8 Principles Of Confident Communication
- Developing a strong voice
- Empowered listening skills
- How to mirror and match subtle behaviour to build confidence and rapport
- Dealing with people at ALL levels

Self Talk

- Converting negative personal thoughts into positive ones
- How to remain confident
- Presenting yourself in a more positive light
- Continuing the empowerment cycle
- How to empower others

Personal Development

- Set personal achievement goals before you leave