

Understanding and Maximising Self Confidence

Duration: 2 days

Self confidence is everything; it allows you to make the most of life's opportunities, face challenges and perform well when you need to. It is identified as being one of the main keys to success.

The way that you present yourself to others affects the way they react to you. If you present yourself as a confident person, that is how they will treat you and your confidence will probably grow as a result.

This practical and challenging course will identify the importance of having confidence and give candidates the opportunity to improve their skills, techniques, image and effectiveness in challenging situations. This is achieved with use of '**drama groups**', '**physical exercises**' and our exclusive '**confidence challenge**' where candidates are encouraged to step out of their '**comfort zone**'.

Nobody is born confident, but this course identifies that it can be nurtured and developed. It encourages candidates to believe in their own abilities and make other believe in them.

Who should attend this course?

Individuals who need to gain more control and assertiveness in pressurised situations

Course Outline

- Setting goals and objectives
- Understanding the benefits of confidence
- Understanding the different types of self confidence
- Evaluating personal strengths and past experiences
- Believing in your own abilities
- Controlling nervous energy
- Projecting a positive and confident image
- Stepping out of the 'comfort zone'
- Improving communication styles and listening skills
- Communicating with authority and confidence
- Feeling confident walking into a meeting, room/stage
- Illuminating your voice
- Recognising the power of silence
- Making effortless conversation and small talk
- Controlling fears and rejection
- Developing body language and non-verbal communication
- Handling difficult situations
- Personal action plans