

# Confidence Building

## Overview

Confidence is a sense that we have about ourselves, it tells us we know what we're doing, and we're good at it. It boils down to whether we actually believe in ourselves, and when we do, there is no stopping us. As a leader, confidence is key! It's something that you need to feel in yourself, and your team need to see you display every time you walk into a room or make a phone call.

In this workshop, we will explore where your confidence sits, exactly how to get more confidence, indemnify and build on strengths, and find the things that allow you to grow even more self-assured.

## Course content

- Learn to control your self-talk, pushing out the negative and nurturing the positive
- Develop skills in anchoring and turn everyday tasks into motivating steppingstones, eliminate negative experiences
- Know your skills and qualities. Playing to your strengths and knowledge will help you move forward with self-assurance
- Complete a SWOB assessment to actively create a confidence building plan

### Who's it for

This program will benefit all leaders, directors and managers in developing a strong level of confidence

### Options

**Time:** 2 hours to a full day  
**Delivery:** Easily tailored to suit  
(In-house workshop, webinar, group delivery or individual coaching)



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