

Self Confidence and Image Projection



Introduction

Most people could do with a bit more confidence in one or more areas of their lives, whether it's at work, in a relationship or in meeting new people or new situations. We can all feel under pressure to live up to ideals imposed on us by our families, work colleagues, the media and even ourselves. At times these goals are unrealistic. Such pressure can cause anxiety and bruise confidence. This course covers a whole range of tools, or individual strengths, which can be used in a variety of different situations to increase confidence and change the way you project yourself or your "self-image".

Who should attend

Those who feel they would benefit from developing their self-confidence in different areas of their lives.

Duration

1 day

Course Outline

- **What is confidence ?** Exploring definitions and examples of confidence problems
- **What are your confidence issues ?** Pinpointing your specific confidence problems
- **Self-Awareness** – How you see yourself, your strengths, how you relate to others
- **Making an Impact** – Body Language, motivating yourself
- **Thoughts become things !** – The relationships between thoughts, beliefs and behaviour
- **Practical strategies for building confidence** – Your toolkit for different situations, gaining assertiveness skills
- **Personal Action Plan** – Create a personal action plan to continue your development after the course

How to Book

You can choose from the following options:

- ◆ Call our TRAINING CENTRE on 01189 778562
- ◆ Email us at our specially designated TRAINING CENTRE address:

info@mass-trainingcentre.com





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