



Confidence Building

Aims

This course is designed for participants to develop a greater understanding of their 'self' and develop confidence to behave more assertively.

Objectives

By the end of this course you will be able to

- Identify the barriers to behaving in a self supportive and confident way
- Address difficulties and effectively deal with them
- Approach challenging situations in a confident manner
- Understand communication barriers
- Identify different personality types
- Change for the better

Who Should Attend

This course will benefit any individual who wants to develop a stronger sense of self-esteem and enhance their confidence in an assertive manner.

Course Content

- Identifying barriers to effective communication
- Listening skills
- An understanding of different personality types
- Differences between the sexes and how we communicate
- How to achieve rapport
- Body language
- Practical assertiveness techniques
- Dealing with personal assertiveness issues
- Action plan for success

Duration

1 Day