

Course Overview

Confidence Building

Who's the course suitable for?

For people who lack confidence or self-belief in a work or social environment.

This course is suitable for people who struggle to communicate and come across with confidence and personal impact.

Aims of the course

To ensure that delegates have the confidence and self-belief to deal with situations outside their comfort zone.

To ensure that delegates can influence a situation or person with more self-confidence and personal impact by using effective communication skills.

Learning outcomes

By the end of the course, delegates will;

- Feel that their self-confidence and self-belief has been boosted significantly.
- Be able to act and look confident when necessary.
- Know how to adapt their communication style to influence a person or a situation.
- Be able to use their physical presence and body language as an effective communication tool.
- Be able to make the best first impression and to introduce themselves confidently.
- Have the self-control to manage their nerves or anxiety.
- Be able to deal with conflict positively, confidently, diplomatically and professionally.
- Have the confidence to say "No" when appropriate.
- Feel more motivated and positive and understand the importance of having focused personal objectives to achieve.

What's covered during the day

- Understanding why you lack self-confidence.
- Seeing how you look and sound (practical exercise opportunity to be filmed and use video feedback optional).
- Discovering how others see and perceive you.
- Exploring the strengths and weaknesses of your natural communication style.
- Adapting the way you communicate to deal confidently with a particular person or situation.
- Making the very best first impression when you meet someone for the first time.
- Setting focused objectives in your work and personal life and challenging yourself to think positively.
- Knowing how to inspire and motivate yourself.
- Feeling more comfortable when speaking in front of a group at work or socially.
- Identifying and dealing with distracting body language or verbal habits.
- Converting nerves or anxiety into positive traits that help rather than hinder you.
- Demonstrating that you CAN communicate and act confidently! (Practical exercise).
- Understanding your strengths and weaknesses as a listener and linking this to the way you are perceived by others.
- Managing and dealing with interpersonal conflict assertively and sensitively.

Course details

- Duration:** A one day course (0930—1630 hrs)
- Course Size:** Maximum of 6 delegates per course
- Venue:** London, Bristol, Birmingham, Manchester
- Price:** £249 + vat per delegate