

CONFIDENCE

Course

KEY FACTS

GROUP SIZE: 6 People Max ● **DURATION:** 1 day 0930 - 1630 ● **COST:** £249 +vat



COURSE OBJECTIVES

BY THE END OF THE COURSE YOU WILL

- ✓ Understand why you lack self-confidence.
- ✓ Overcome self-doubt and face up to challenges positively.
- ✓ Be able to Say No when you need to.
- ✓ Discover how others perceive you and how their perceptions of you can differ.
- ✓ Find out how your natural communication style is helping or hindering you.
- ✓ Know how to adapt the way you come across to be more confident.
- ✓ Have a plan for dealing confidently with a particular person or situation.
- ✓ Make the very best first impression when you meet someone for the first time.
- ✓ Seize more opportunities by setting focused objectives in your life.
- ✓ Challenge yourself to think more positively when you're under pressure.
- ✓ Know how to inspire and motivate yourself.
- ✓ Feel more comfortable when speaking in front of a group at work or socially.
- ✓ Be aware of distracting body language or verbal habits.
- ✓ Understand how to convert nerves or anxiety into positive traits that help you.
- ✓ Know how to deal with difficult people confidently and assertively.
- ✓ Feel comfortable speaking up amongst your seniors.



COURSE TRAINER

Mike McClement is a leading confidence coach in the UK and an international best-selling confidence author. His book '*Brilliant Self-Confidence*' has been translated into 5 languages.

Over two decades, Mike has developed and tested techniques which have proved that confidence really is a skill you can learn, whatever your situation. His trusted formula for building self-confidence has helped thousands of people worldwide.

What gives Mike his unique edge is his ability to make confidence building manageable, even for people who see the challenge as pretty well impossible.



COURSE DATES

LONDON ● 19 August, 23 September, 28 October, 2 December 2015
BIRMINGHAM ● 24 September 2015
BRISTOL ● 25 September 2015
MANCHESTER ● 30 October 2015



COURSE BOOKING

HOW TO BOOK

EMAIL: hello@think-confidence.com
WEB: <http://think-confidence.com/book.html>
PHONE: 01364 649155

Once we receive your request, we'll contact you to confirm your place. We accept payment by credit card, BACS or cheque.