

Confidence Building

Course Description:

This confidence building course provides you with an immediate boost to your self-esteem. We'll work to overcome nerves, identify what may be holding you back, learn to deal with shyness and more.

Course Outline:

- :To examine your own levels of self-esteem and confidence
- :Explore factors that affect self-esteem
- :Gain an understanding how self-talk can help you to feel confident and positive
- :Understand the importance of feeling confident and behaving assertively
- :Practising confident approaches and techniques

Course Duration:

1/2 Day

