



Confidence Building Course

A one day course from the training experts



A Masterclass in Building Confidence

Confidence plays a vital role in our professional and personal lives. It affects your choices, your behaviour, and how you are perceived by others.

Confidence is not always a fixed 'state'. You can feel confident in some situations, and not in others.

This is a one day practical course that will give you strategies to equip you with the ability to handle the things life throws at you, whether it's becoming more confident at speaking in public, learning a new skill or dealing with unexpected situations

What you will gain:

- ✓ A better understanding of what affects and drives our levels of confidence.
- ✓ The ability to transform limiting beliefs.
- ✓ Strategies to handle fearful situations more comfortably.

Who should attend?

This course is suitable for anyone who would like to build self-confidence in their professional work environment or in their everyday lives. It is a practical course for people who are ready to take responsibility in tackling feelings of low confidence and are willing to challenge themselves to develop long lasting positive change.

Price and Venues

Manchester: £295 + VAT

Leeds: £295 + VAT

Please contact us for courses in Liverpool and Birmingham.

Private & One to One courses

We offer private and one-to-one courses throughout the UK. Please email or call us with your preferred venue, number of delegates and any requests.

Really great course; I very much enjoyed the course and how it will help me at work and in my personal life. Thank you.

Julie Byrne | Lighthouse Risk Services

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

No more than 6 Delegates

5 Star Rated courses

Practice led learning

3 months online support

Lunch & refreshments provided

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Course Topics

- What needs to be in place for us to feel comfortable?
- Daniel Kahneman's 'two systems' thinking model
- Is there such a thing as a 'general level of confidence'?
- Thomas Chamorro Premuzic – the positives of low confidence
- Negative 'anchors'
- Values
- What is the relationship between our values and our actions?
- Marshall Rosenberg – 'Nonviolent Communication'
- 'Chunking' back and forward
- Creating a timeline

Course Objectives

- Identify different contexts where we experience varying degrees of confidence
- Understand what constitutes feelings of comfort compared to panic.
- Learn how to identify the most constructive way of thinking for any situation
- Consider the dangers of high confidence
- Recognise where unconfident feelings originate from
- Understand the relationship between our values, motivation and confidence
- Question our beliefs about what is achievable despite suffering from low confidence
- Develop transferable strategies to build confidence

The course was great. It was very clear and relatable. It has made me feel more confident to be more assertive and efficient at work.

Sally Stockley | Datum Group

How to book

To reserve your place on our Confidence Building Training Course, simply pick your preferred date and location, and send us an email or give us a ring.

Or if you prefer, we offer private and In House training on request.

Email: info@mtraining.co.uk

Call: 0161 226 6032

Or visit: www.mtraining.co.uk

We offer group booking discounts for two or more delegates.

