



# Confidence Building Course

A 5 Star Rated course from the  
Training experts





# Confidence Building Course

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

## Introduction

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

You will gain an understanding of what affects and drives our levels of confidence, the ability to transform limiting beliefs and strategies to handle fearful situations more comfortably.

## Who would benefit from this course?

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.

## Classroom & Virtual Classroom Courses

We offer this course as a classroom based course and as a live, interactive online course.

Our classroom courses are run as public courses at the venues shown below or as a private course anywhere in the UK.

Our online Virtual Classroom courses are available for people anywhere in the world with internet access. You will be able to see the trainer, their screen, be able to chat and ask questions, just like on our regular classroom courses.

No More Than 6 Delegates

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Notes

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

Google

5.0 ★★★★★

Excellent [Confidence Building] course, great introduction to confidence building.

Great trainer who delivered content well. Small group size enables effective exercises and not feeling intimidated to participate.

Joann Lum  
NHS

## Public Course Venues and Prices

	1 Delegate	2 Delegates
Manchester:	£295 + VAT	£495 + VAT
Leeds:	£295 + VAT	£495 + VAT
Online	£250 + VAT	£375 + VAT

## Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £590 and Online from £550. Please email or call us with your preferred venue, number of delegates and any requests.





# Confidence Building

## Course Outline

This course will teach you how to become more confident

### 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

### 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

To book please see next page

Google

5.0 ★★★★★

Fantastic [confidence building] course. Couldn't have asked for a better trainer - Rick.

Was great to be able to learn with other people and see different types of confidence stages.

Hannah Ratcliffe  
Forever Manchester

For private courses the course content can be adapted to suit your requirements.  
Please contact us to discuss your requirements.





# Confidence Building Course

## Why Choose M Training's Confidence Building Training Course

- Run by an experienced trainer
- This course is limited to 6 places so you are guaranteed personal support throughout the day
- From Only £245 + VAT per delegate
- Convenient locations in Manchester, and Leeds.
- We provide one to one and private group courses throughout the UK
- Course notes and support material
- Lunch & refreshments provided
- Certificate of achievement

## Private and One-to-One Courses

One-to-one and private group courses are available from £590 for a one day classroom course and from £550 for a private online course .

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, at our Manchester office or via Virtual Classroom online.

## How to book

**To reserve your place on our 1 Day Confidence Building course, Simply pick your preferred date and book on our website, send us an email or give us a call.**

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

Email: [info@mtraining.co.uk](mailto:info@mtraining.co.uk)

Call: 0161 226 6032

Or visit: [www.mtraining.co.uk](http://www.mtraining.co.uk)

**We offer group booking discounts for two or more delegates.**

This [Confidence Building] course really helped me understand the root of my low confidence and the precise nature of it. It delved much deeper than I anticipated.

**Tasha McNaught**  
National Railway Museum