

Developing Personal Confidence at Work

This course is ideal for anyone would benefit from developing their personal levels of confidence. The programme is also suitable for delegates who would like to project a stronger image in the workplace.

Members of staff who are returning to the workplace after a career break may also find the programme helpful.

Programme Objectives

By the end of this programme, delegates will be able to:

1. Identify personal patterns of behaviour
2. Demonstrate increased confidence in communication skills
3. Use assertiveness techniques appropriately and constructively
4. Use non-verbal behaviours to project confidence
5. Handle criticism constructively.

Further information

The session explores the principles of confidence, including an understanding of what influences personal behaviours.

Role play is not a compulsory part of the programme and is negotiated with the delegates at the start of the programme.

Duration: Half day