



Confidence, Self Esteem and Assertiveness

This training session focuses on self-esteem, confidence and assertiveness. This session covers basics about confidence, as well as advanced techniques to increase self-esteem and assertiveness. These sessions are great for anyone who is looking to improve their self-esteem and assertiveness. Participants also receive assistance in areas like communication, and personal development. Confidence training is great for people who want to increase self-esteem and assertiveness.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

Self-Esteem & Self-Confidence

In this session, participants will learn the definition of self-esteem and confidence. They will also learn the causes of low self-esteem.

Improving self-esteem

In this session, participants will learn how to stop destroying their self-esteem, spreading negative messages, and deflate perfectionism as it will help to improve self-esteem.

Building Self-Esteem

In this session, participants will be taught how giving back to others can boost self-esteem.

Assertiveness

During this session, participants will be taught the different types of behaviour, recognize behaviours, be assertive and its formula, and other techniques to become more assertive.

Gaining confidence

In this session, participants will learn different techniques that can help to boost confidence.

Power of Thought

During this session, participants will be taught with how powerful our thoughts are that it influences how we see ourselves. Participants will learn how to overcome and mediate the negative thoughts.

Dealing With Setbacks

In this session, participants will be taught with how to handle failures and mistakes in a more positive way.

Make What You Want

During this session, participants will be taught with the things to be considered when setting a goal as it will help to reach one's objectives.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

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