



## Confidence, Self Esteem and Assertiveness

This training session focuses on developing confidence, self-esteem and assertiveness. The session covers the fundamentals of building confidence as advanced techniques, for improving self-esteem and assertiveness. It is suitable for anyone looking to enhance their self-esteem and assertive skills. Participants will also receive guidance in areas such as communication and personal growth. Confidence training is especially beneficial for individuals seeking to boost their self-esteem and assertiveness.

## **Course Overview**

At the beginning of the session participants will have an opportunity to introduce themselves and discuss the workshops objectives. Participants will have an opportunity to identify their learning goals.

## **Self Esteem & Self Confidence**

During this session participants will gain an understanding of what self-esteem and confidence mean. They will also explore the factors that contribute to self-esteem.

## **Improving Self Esteem**

In this session participants will learn strategies, for halting behaviors that undermine their self-esteem. They will also discover how to counter messages and overcome perfectionism all leading to improved self-esteem.

## **Building Self Esteem**

This session focuses on how contributing positively to others can enhance ones sense of self-worth.

## **Assertiveness Training**

In this session participants will learn about types of behavior how to identify them and develop assertiveness skills. We will explore the formula, for assertiveness. Discuss techniques to enhance communication.

## **Building Confidence**

During this session we will cover strategies that can boost self-confidence. Participants will gain insights into techniques for increasing confidence levels in aspects of life.

## **Harnessing the Power of Thoughts**

This session focuses on understanding the impact our thoughts have on shaping our self perception. Participants will discover methods to overcome thinking patterns and cultivate a positive mindset.

## **Resilience in the Face of Setbacks**

In this session participants will learn strategies for handling failures and mistakes with a mindset. We'll explore ways to bounce back from setbacks and turn them into learning opportunities.

## **Achieving Your Goals**

During this session we'll discuss considerations when setting goals that align with objectives. Participants will gain insights, into goal setting techniques that can help them reach their desired outcomes.

## **Wrapping Up the Workshop**

At the conclusion of the course there will be an opportunity for students to ask questions and create an action plan based on their learnings.

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