



Confidence Training

Welcome to our Confidence Training program.

Confidence, derived from intelligence plays a role in the workplace and should not be underestimated. Those who can effectively navigate interactions, with their peers and the demands of their work often find themselves presented with opportunities to utilize their skills and talents to their potential. However, it's important to recognize that individuals differ in their levels of charisma and confidence. For those who wish to enhance these qualities we are pleased to offer an one day training course focused on developing confidence and assertiveness in both professional settings.

Course Overview

At the beginning of the session participants will have an opportunity to introduce themselves and discuss the workshops objectives. Additionally, participants will be able to identify their personal learning goals.

Throughout this one-day workshop you will acquire skills such as;

- Use proper gestures and improve postures.
- Instill positive and cooperative attitudes for the workplace
- Improve their communication skill: proper methods of speech.
- Overcome their limitations and discover their self-worth in the process
- Learn the ability to assert themselves onto a situation either by bargaining or by otherwise getting their way in the workplace

Learn the Significance of Nonverbal Communication

In this session participants will receive guidance on enhancing their posture utilizing gestures and understanding when and how to employ them. Additionally, they will learn to interpret the body language and subtle cues of their peers leveraging this knowledge to their advantage.

Developing Positive and Collaborative Attitudes in the Workplace

This session focuses on equipping participants with strategies for improving relationships with coworkers and peers. By fostering connections within their work environment individuals can create a foundation that allows for personal growth.

Enhancing Communication Skills

During this session participants will receive instruction on communication techniques as well as the challenging art of active listening. The ultimate goal is to empower participants to feel at ease in both speaking and listening scenarios.

Developing a sense of self worth

During this session participants will be introduced to techniques and strategies that can help them overcome their limitations and discover their self-worth. These insights will enable participants to become individuals of standing on their own.

Learning the art of assertiveness

Finding the balance is crucial when it comes to expressing confidence, in the workplace. With guidance from the trainer and access, to a range of strategies participants will not learn how to assert themselves effectively in different situations but also understand when and how to apply assertiveness appropriately.

Wrapping up the workshop

Towards the end of the course students will have an opportunity to ask questions and complete an action plan as they reflect on what they have learned.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725