

## DEVELOPING SELF-ESTEEM & CONFIDENCE

### Introduction:

This programme is intended for individuals who wish to build and develop these skills. The programme will focus on enhancing communication skills, creating self-awareness and overcoming personal barriers.

### Objective:

Delegates will learn to understand the concepts of self-esteem and self-confidence. They will understand where barriers originate from and will learn techniques to overcome them.

### Programme Synopsis:

- Understanding where self-esteem comes from
- Beliefs, values and attitudes
- Understanding the origins of barriers and how to overcome them
- Self-image
- Self-respect
- Setting & achieving goals
- Building rapport through effective communication
- Understanding assertiveness and what it is not
- How to become more assertive
- Assertive body language
- Dealing with criticism
- Modelling for confidence
- Removing negativity through positive thinking

**Duration:** One Day

**Course code:** TSCSELFEST

**Certification:** Training Solutions 2000