

Increasing your Confidence– 90 Minute workshop

Introduction:

This intensive 90 minute workshop will demonstrate tried and tested techniques to boost your confidence.

The problem this workshop solves:

Delegates will complete this intense workshop having considered people and situations that they currently find difficult/challenging and worked towards ways of dealing effectively with these scenarios when they return to the workplace

Is this the right workshop for me?

This course is an intensive session designed to boost the confidence of people who struggle with self-confidence.

If you struggle to make yourself heard or to say 'No' to requests then you would find this course helpful.

Overview:

The exact content of this session will vary depending on your requirements.

In order to make the most of this session we ask that each delegate brings one recent example of a situation where they struggled for confidence.

By the end of the short workshop, you will:

- Be clear on what you really want to achieve. This will give you the confidence to stand up for what you want.
- Understand how your feelings about a situation can impact the outcome for good or bad.
- Understand how to deal with difficult real-life situations with confidence and self-belief.

Typically, the content may include:

Assessing the situation

- Analysing current strengths and weaknesses
- Identifying critical situations
- Establishing the desired outcome

Distinguishing between different types of behaviour

- What they are and how to recognise each one
- Recognise the links and the differences between aggression, assertiveness and passivity

Being assertive in difficult situations

- Take the situation into account
- Review your inner dialogue
- Saying 'no'
- Standing your ground
- Benefiting from win-win assertiveness using the Thomas-Kilmann matrix (TKI)

Making it happen

- What will you do differently from tomorrow?
- Commit to your personal assertiveness action plan