
Confidence Overview

Description:

This interactive workshop aims to support participants to develop greater confidence and assertiveness in the workplace.

We will explore some of the barriers to, and myths about, confidence, and participants will learn about the relationship between their own confidence levels and the impact they have on others. We will also explore a framework for assertiveness, which offers practical tools, as well as awareness of things to avoid doing.

Participants will be encouraged to self-reflect and take away ideas to put learning into practice.

The workshop will cover:

- What confidence is and what it is not
- Barriers to confidence – what's stopping you?
- Understanding your internal state and its impact
- Assertiveness and alternative behavioural and thinking styles
- Language that gets results and language that pushes buttons
- Developing confidence by changing from unhelpful to helpful thinking

Learning outcomes:

By the end of the workshop participants should be better able to:

- Be aware of the relationship between their confidence levels, thinking and behaviours
- Identify internal and external language to have a positive effect on confidence and relationships

Who should join this workshop?

This event is aimed at those who would like to feel more confident in situations they find challenging or take away useful techniques for assertiveness at work.

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