

# The Art of Confidence

On this 2-day training workshop you will develop empowering self-confidence, increase your self-awareness and learn and practise how to easily get the best from yourself in all kinds of work situations.

## Who should attend?

- Managers and team members who want to respond to personal challenge and increase their ability to cope outside of normal comfort zones
- Those taking up a new role or position at work
- Those wanting to increase performance and achieve greater success

## About the course

The course draws upon advanced NLP (Neuro Linguistic Programming) principles and techniques to provide the widest range of learning and experience.

Small group size.

Practical activities and applied group learning.

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### Course overview

- Learn and use techniques for building self-confidence in your job
- Understand and use Emotional Intelligence to increase your performance
- Know why people do things and how to change results
- Manage your emotions to always perform at your optimum
- Develop greater self-awareness – know how to play to your hidden strengths
- Learn from feedback and develop new behavioural strategies to enhance choice and flexibility
- Recognise and defuse negative triggers to avoid set-backs and frustrations
- Use conscious and unconscious competence
- Learn creative strategies for problem solving
- Increase your understanding of others and communicate more effectively
- Create a personal development action plan that will help you advance your career and achieve success

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