



OF
COMMUNICATION

MASTERS

MAKING YOU THE EXPERT

Building Confidence at Work

COURSE OVERVIEW: This workshop is designed to have participants experience more confidence in what they naturally bring to the business arena. The experiential nature of this workshop, creates opportunities for attendees to develop awareness around their self belief and confidence issues. They will experience a variety of exercises and skill based interactions designed to build on their knowledge of what constitutes their thinking, feeling and subsequent behavior in the workplace. Attendees leave the workshop ready and able to interact with deeply felt confidence and self belief at work.

COURSE TOPICS: **Steps to success**

Recognition of what drives us

How to enhance change in ourselves

Confidence in our natural abilities – how to learn the rest

4 steps to keeping self esteem alive in the workplace

Self Confidence at work

Assessing where you are at

Changing from where you are to where you wish to be

3 keys to achieving this

The impact of full mind functioning in the workplace

Strategies to engage right brain functioning

Implementation of skills taught

6 step approach to integrating 'right mind' thinking at work