

# Increasing Your Self Confidence

## Course outline

Provided by: Performance Management Consultants – PMC Training



**Reference no.** 175-16

**Duration** 2.00 day(s) | 12:00 hours <sup>1</sup>

**Website link** <https://pmctraining.com/training/increasing-your-self-confidence/>

### ***Building the Foundation for Achieving Your Goals***

Confidence is not just an asset that's nice to have. It is a fundamental basis for success and satisfaction in your professional and personal life. Whether you are selling your ideas, taking calculated risks, responding to criticism, working as part of a team, interacting with co-workers or clients, applying for a promotion, or a myriad of other everyday activities, you will achieve more faster if you have self-confidence.

This workshop explores the positive impact of self-confidence in your career and personal life. Through exercise, you will discover the sources of low self-confidence and develop new skills to increase your self confidence in order to increase your effectiveness and comfort in various areas of your life.

### **Learning outcomes**

#### **At the end of the workshop, you will be able to:**

- Set strong boundaries
- Use questioning, listening and feedback skills to communicate in an assertive manner
- Identify career and life accomplishments
- Be aware of your inner talk and tips and tricks to change negative thought patterns

### **Workshop topics**

- Why is self-confidence important?
- Awareness of self-talk
- How do we lose our self-confidence?
- Recognizing your strengths and weaknesses
- How can we build our self-confidence for greater success at work and in our personal lives?
- Tools and strategies to sustain your self confidence
- Self-efficacy and self-esteem

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<sup>1</sup> The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Identifying limiting beliefs in 7 life areas
- The process of transformation
- Visualization and affirmations
- How to project your assertive self

## **Prerequisites**

There are no prerequisites for this course.

## **Who should attend this course?**

Anyone who is struggling with self-confidence, including new managers, supervisors, team leaders and employees.