

CONFIDENCE BUILDING



Personal Development Course

LEARNING OUTCOMES

- Significantly boost self-confidence and self-belief.
- Project confidence in both actions and appearance when it matters.
- Adapt communication styles to influence people and situations effectively.
- Use body language and physical presence as powerful communication tools.
- Make strong first impressions and introduce yourself with ease and assurance.
- Maintain composure and manage nerves or anxiety with self-control.
- Handle conflict confidently, diplomatically, and professionally.
- Say "No" assertively when necessary, without hesitation.
- Stay motivated, positive, and focused on achieving personal and professional goals.

COURSE OVERVIEW

This course is designed to boost your confidence and equip you with practical strategies for building meaningful connections in both professional and personal settings. You'll learn to recognise the traits of confident individuals, overcome barriers that hold you back, and strengthen your self-assurance across a variety of situations. Ideal for anyone ready to challenge themselves and enhance their personal and professional growth through improved emotional intelligence and self-confidence.

TOPICS COVERED IN THIS COURSE

Self-Awareness

Gain insight into how others perceive you, identify the strengths and weaknesses of your natural communication style, and understand your impact on those around you.

Adaptive Communication

Learn to adjust your approach to different personalities and situations, improving your ability to influence, persuade, and connect effectively.

First Impressions

Master confident introductions, body language, tone of voice, and eye contact to make a lasting, positive impact in both professional and social settings.

Goal Setting & Motivation

Set clear personal and professional objectives, build a positive mindset, and develop strategies to maintain focus and self-motivation.

Public Speaking Confidence

Overcome nerves and anxiety, communicate clearly in meetings or presentations, and engage audiences with poise and clarity.

Body Language & Nerves

Recognise and correct distracting habits, and learn to use posture, gestures, and vocal tone to project confidence naturally.

Effective Listening

Strengthen relationships by practicing active listening, understanding others' perspectives, and improving how you are perceived in conversations.

Conflict Management

Handle challenging situations and disagreements assertively yet sensitively, maintaining professionalism while resolving issues effectively.