

Discover your Confidence

1-Day Workshop

Overview:

Confidence and self-esteem are two of the best predictors of performance and resilience in the face of stress and challenges. And yet, statistics reveal 95% of children and adults experience lack of confidence, self belief or low self esteem sometime in their life. Whether it is simply not being able to assert oneself in a meeting, turning down challenging opportunities, or communicating ineffectively with team members, lack of confidence can diminish a leader's ability to drive success throughout his or her organization, and can destroy an employee's ability to succeed.

Confidence-building is a process of developing habits and skills that begin within but are typically expressed externally. Discover your Confidence is a full-day workshop that addresses the foundational elements of confidence-building, including inner and external confidence and interacting with others, as well as reinforcement of these elements through various techniques and tools.

The workshop material will be complemented with real-world examples. Participants will also engage in exercises that will put into practice what they learn throughout the program.

What will you learn?

In this workshop, you will

- understand why others have an impact on your confidence;
- learn why knowing who you are helps you become more confident;
- build a plan to re-establish and sustain your confidence over a 12-week period;
- review the foundational elements of confidence, working on inner confidence, outer confidence and interactions with the people closest to you;
- understand how you can reinforce your learnings by developing strength and addressing your fears; and,
- learn how to recognize your achievements and reward yourself as you develop confidence-building skills.

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Workshop Content:

- Morning:
- Part 1: You are not Wrong
- Becoming aware of the “I am Wrong” message
 - Who are you?
 - Making Decisions
 - Discovering your Purpose
 - Elements of Confidence-building
- Part 2: Foundational Learning
- Inner Confidence
 - External Confidence
 - Interactions with Others
- Afternoon:
- Part 3: Reinforcing the Core
- Mental and Physical Strength
 - Using Fear, Pain and Pleasure Positively
 - Reward
- Part 4: Continued Learning
- Tips for Continued Learning
 - Using your Confidence Map
- Part 5: Questions and Practical Discussion

Take-Aways:

Each participant will receive a comprehensive guide containing all of the key learning materials and providing space to take notes and complete the exercises. Templates and a set of practical aides for implementing confidence-building in the workplace will also be included.

Follow-up Coaching:

For participants wanting to incorporate confidence-building into their organization with the assistance of a coach/facilitator, coaching sessions can be scheduled at an additional charge.

Coaching can be performed through face-to-face encounters, through email exchanges, or via telephone. Facilitation of your planning sessions can also be arranged. Please contact us for further information.

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Who Should Attend?

Business leaders who seek to exploit the benefits of confidence-building within their organizations and who wish to use this effective tool to propel them towards business success.

Your Facilitator:

A Harvard graduate with extensive strategy, management and coaching experience. This facilitator has built her reputation through many years of success in business and personal coaching and has continued to build her significant learning foundation in psychology, positivity and success.