

# CONFIDENCE & ASSERTIVENESS

Understand, Create, Practice.

## One day training that covers:

- Understanding our default thinking habits
- Understanding what self-confidence and assertiveness are and how to grow it
- Creating a plan to improve self confidence
- Practicing working with confidence and presenting yourself assertively



## Previous participant feedback

"The course made a huge difference in enabling me to discover and build upon my skills, learn invaluable techniques for dealing with others and boost my resilience"

"The course is incredibly insightful. It helped me to see things in myself and context that I am unaware of, work through issues and develop solutions that I own."