

CONFIDENCE

Build confidence to maximise your impact

◆ ABOUT THE COURSE

Confidence is the belief in your ability to handle challenges and succeed. It is the foundation of being successful in business, whether that's stepping up to an important presentation, creating new products or impressing a new client.

In this session, you'll explore what confidence means to you and identify the situations where you need it most. You'll also learn practical mindset tools to help you feel confident quickly - right when you need it.

◆ SESSION AGENDA

- 01 Building Confidence**
Understand what confidence is and recognise how it can vary across different situations.
- 02 Recognising Your Strengths**
Build confidence by identifying your strengths, achievements and past successes.
- 03 Personal Affirmations**
Create specific, positive affirmations that reinforce empowering self-talk over time.
- 04 Strengthening Self-Belief**
Develop a more balanced mindset and learn to overcome self-doubt.
- 05 Growing Confidence**
Develop practical strategies to build confidence and perform at your best in challenging situations.

◆ INTERACTIVE EXERCISES

Confidence Challenges

Identify work scenarios where you feel least confident and the benefits of changing this.

Personal Strengths

Map past successes across education, career, relationships and hobbies to uncover your strengths.

Cognitive Restructuring

Challenge negative automatic thoughts and replace with realistic alternatives.

Confidence Techniques

Apply practical techniques to boost your confidence when it matters most, such as modelling confident behaviours.

◆ LEARNING OUTCOMES

- ◆ Develop your ability to recognise how confidence varies with context and personal experience.
- ◆ Build the skills to tackle challenging workplace situations with ease.
- ◆ Gain access to a confidence toolkit to handle demanding scenarios effectively.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.