

## ***Be Seen and Be heard***



Are you tired of having your comments and suggestions ignored at meetings?

Does it totally annoy you when someone else comes up with the same suggestion a couple of minutes later and it's received with enthusiasm?

Are your skills, experience and expertise overlooked?

***Your perception of yourself has an enormous impact on how others perceive and relate to you.***

***If you lack confidence, or if you consider you are overlooked for opportunities, the chances are you are sending out messages that you are unworthy of recognition or success.***

This program has been developed to help you identify the inhibiting factors which prevent your business or personal success.

You'll explore techniques to stop the self-limiting messages you send and develop techniques for assertiveness.

### **Discover:**

- ▶ Why our ideas are overlooked, ignored or go unrecognized.
- ▶ What is self-esteem? - and why do some people appear to miss out?
- ▶ Factors that influence your self-esteem and therefore your self-confidence
- ▶ Recognising your strengths and capabilities
- ▶ Techniques to increase your self-esteem
- ▶ Recognising and putting a stop to self-defeating thought patterns
- ▶ Setting yourself up for success
- ▶ Exploring behavior patterns - assertive versus aggressive behaviour
- ▶ The assertive you - exploring techniques to ask for what you want
- ▶ Strategies for developing self-confidence
- ▶ How to feel and look more confident
- ▶ How to ensure your ideas are acknowledge and considered.



### **What's included?**

*Instruction by an expert facilitator  
A highly interactive and fun workshop – This  
can be tailored for your organisation  
Personalised certificates of completion*

## **A PROFESSIONAL DEVELOPMENT PROGRAM**

**Facilitated by**

**LIZ PAINE**

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