

Building your self-esteem and assertiveness skills

Building your self-esteem is essential for confidence and success, and it all begins with you. 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 present your business or personal success. You'll explore techniques to stop the self-limiting messages you send and develop techniques for assertiveness.

During this workshop, you will:

- Grow in the conviction that you are competent and worthy of happiness.
- Develop some techniques for making a positive first impression.
- Learn how to turn negative thoughts into positive thoughts.
- Learn how to make requests so that you get what you want.
- Develop techniques to connect with people.

Target audience: All staff

Course duration: 1 day
(Follow up is available)



To book this workshop or for more details of how Learning Insight can support your organisation contact:

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Topics to be explored include:

- ▶ What is self-esteem – and why do some people appear to miss out
- ▶ Factors that influence your self-esteem
- ▶ Self-esteem versus confidence
- ▶ Understanding your strengths and limitations
- ▶ 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
- ▶ Celebrating talents, achievements and success

What's included?

In-house training at a time to suit you
Instruction by an expert facilitator
A highly interactive workshop tailored for your organisation
Participant workbooks
Personalised certificate of completion
Guaranteed return on investment!