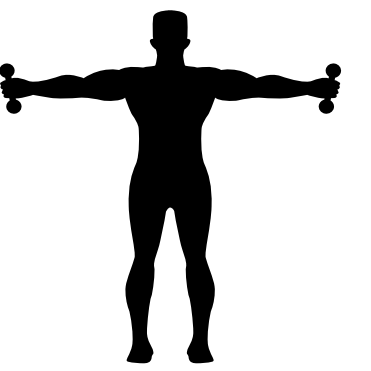




Self-Confidence Course

The Self-Confidence course runs over six sessions and is designed to help participants become more confident in a way that works for them. The course provides a range of techniques to try new things, get and stay motivated when moving beyond comfort zones, and learn how to give and receive feedback. Participants learn to build confidence from the inside-out for sustainable results.

What do the 6 sessions cover?

Session One

Where does self-confidence come from?

Session one introduces the group to our concentric model of self-confidence which explains how enduring self-confidence is built from the inside out. We ask participants to identify what they feel most and least confident about and introduce them to the power of 'I am' statements.

Session Two

My Journey and Identity

Framing self-confidence as a journey, helps people identify what they are working towards, that they can ask for help, and will go through different experiences. The session concludes with a visualisation about their journey and mapping out their next steps.

Session Three

Building Myself Up

Being your own cheerleader is essential to building self-confidence. To do this, we introduce groups to the emotional response plan. Everyone's plan will be different, and gives them a set of tools they can practice to build self-confidence in times of difficulty. This builds resilience.

Session Four

Confident Communication

Being able to communicate confidently, starts with our inner voice. This session looks at how to build self-trust, the power of silence, and listening effectively. The session then covers techniques on speaking confidently to others.

Session Five

Running Experiments

To grow in confidence, we must get curious and experiment. This session looks at how we can conduct experiments to step outside our comfort zones and try new things. The result may be a new hobby, friends, or openness to opportunities.

Session Six

Celebrating My Uniqueness

Using the analogy of a company, we look at areas in which participants have grown in self-confidence over the past five weeks, and what to work on going forward. Participants then creates a self-confidence plan for them to take forward after this final session.

For more information on specific sessions, please contact chris@trainforwards.com.

