



Learn the secret of instant confidence anytime, any place!

Love Confidence

Do you sometimes lack confidence? On occasions feel insecure and out of control? Free yourself from fears and feelings of insecurity, discover new ways to manage your life – with confidence; become a living magnet! Our one day workshop is designed to empower you with practical tools and techniques that can be applied immediately in the workplace or in your personal life. Get instant confidence, anytime, any place.

Dates & Venues

TBA

Course Details

Self confidence is the key to success, fulfilment and happiness in both business and personal life. Many elements develop and enhance self confidence and the good news is that self confidence can be learned like any new skill. By recognising and developing key strengths, learning how to project a positive image, overcoming fear and through a clear strategy of goal setting and action planning, individuals' can achieve more than they thought possible.

This workshop is for anyone who wants to learn more about themselves and how they might enhance their ability to grow and develop into a more confident individual

Successful delegates will be able to:-

- Understand their key strengths and uniqueness
- Accept their shortcomings
- Become less self-critical
- Accept personal responsibility
- Overcome fear
- Present a confident image
- Say 'no' more often
- Develop motivation
- Strengthen desire, purpose and commitment



- Goal set
- Action plan

Course Contents

- ☺ Self Recognition and Awareness
- ☺ Identifying Personal Strengths
- ☺ Self Acceptance
- ☺ Facing Up To and Overcoming Fear – A Practical Toolkit
- ☺ Presenting a Confident Image
- ☺ Body Language
- ☺ Speaking With Confidence
- ☺ Dressing Confidently
- ☺ Assertiveness
- ☺ Learn Resilience
- ☺ How People Really See You.
- ☺ Personal Motivation
- ☺ Desire, Purpose and Commitment
- ☺ Clear Goal Setting With Visualisation
- ☺ Action Plan and Review

Booking Instructions

Delegate rate £256.50 + VAT

100% unconditional money back guarantee if not totally satisfied.

All major credit cards accepted.

Love you book: 01492 584577 or email: events@womenwholovelife.co.uk