

CONFIDENCE WORKSHOP

CONFIDENCE LEARN THE POWER

- » Show Up
- » Stand Up
- » Speak Up
- » Step Up



OUR CONFIDENCE MATTERS.....NOW MORE THAN EVER!

It is a muscle that needs to be strengthened. Whilst the unrelenting pace of change and uncertainty continue to put pressure on many of us, our voice and contribution may be impacted.

This 2-hour workshop will give you practical tools to develop confidence whilst having some fun building your own confidence muscle. It will leave you energised about the possibilities to build or expand your confidence and prepare you to walk away with a desire to take action.

IN THIS WORKSHOP YOU WILL:

- Understand the importance of confidence and what it means to build confidence in a way that is grounded and authentic to you;
- Explore the four critical components of building confidence that will enable you to show up, stand up, speak up and ultimately step up your confidence;
- Learn and share what gets in the way of your confidence and how to overcome common derailers.

Virtual or Face-to-face delivery
No minimum or maximum number of participants

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L E A D E R S H I P