

Self Confidence

Programme Outline

This programme covers all of the vital components to help participants to understand self confidence, but also help people gain focus on outcomes in their lives. By the end participants will:-

- Understand why and how people lose and rebuild self confidence;
- Learn techniques with the use of Neuro-Linguistic Programming (NLP);
- Have a confidence timeline plan and positive outlook for the future;
- Complete an action plan to help them move themselves and newly found confidence forward.

Programme Content

- Self Confidence;
 - How do you see yourself?
 - Focusing on strengths and limitations;
- Introducing NLP;
 - The basics of NLP;
 - How NLP can help;
- Outcomes and Self Satisfaction;
 - Setting short & long term goals;
 - Reaching an outcome
 - Confidence timeline;
- Your beliefs and values;
 - The structure to your confidence/self esteem;
 - Creating a positive belief;
 - Anchoring;
- Listening to your inner voice;
 - Positive and negative internal influences;
 - Positive and negative language;
- Introducing Myers Briggs Theories;
 - Knowing yourself;
 - The Joharri window exercise;
- Putting it all together;
 - What have you learnt;
 - How do you feel;
 - What are your next steps;
 - Relaxation techniques.