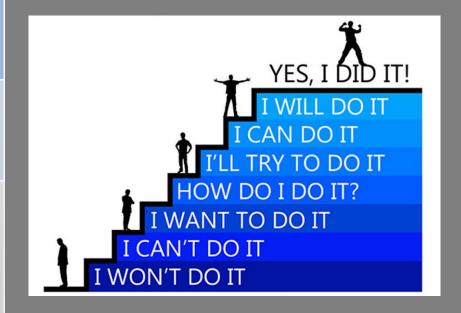
CONFIDENCE BUILDING







Confidence Building Training Course Outline

Chapter 1 - Introduction to Self Confidence

Defining Confidence

Goal-Setting

Positive Thinking and Self-Talk

Developing Routines

Chapter 2 - Considering Basics

Recognising Your Strengths

Determining Where You Stand Now

Preparing for Action

Chapter 3 - Profiling Your Performer

How to Profile

Why Profile?

When to Profile

Chapter 4 - Finding Your Motivation

Driving Forward in Your Life

Taking Charge at Work

Chapter 5 - Sticking to Your Principles

Understanding Your Values

Living Your Values Every Day



Living Authentically

Chapter 6 - Making Friends with Your Emotions

Getting a Grip on Your Emotions

Tracking Your Moods

Trusting Your Intuition

Harnessing Your Darker Emotions

Chapter 7 - Unleashing Your Passion

Discovering Your Passionate Self

Putting Your Passion into Actions

Chapters 8 - Stretching Yourself Mentally

Expanding Your Comfort Zone

Attracting More of What You Want

Feeling Your Power

Chapter 9 - Approaching Relationships with Confidence

Realising What Really Matters

Looking at Relationships with Open Eyes

Eliciting Your Love Strategy

Facing Up to Changing Relationships