

Being Self-Confident – Trusting Yourself!



COURSE SPECIFICATIONS



FORMAT

- Lunch & Learn



DURATION

Training is given in 1 hour (60 minutes) to provide maximum impact and optimum use of time.



TARGET AUDIENCE

This training is intended for anyone who wishes to develop their self-confidence in order to achieve their full potential and influence their professional progress.



DELIVERY METHOD

Focusing on a specific topic, our "Lunch & Learn" sessions are a simple, effective and powerful way to tackle best practices ... in small bites.

A formula that develops, stimulates and promotes a learning culture.

Hosting up to 20 participants, these sessions are interactive and dynamic.



LANGUAGE

Available in:

- French
- English

DESCRIPTION

Self-confidence is of vital importance for your success. Without it, you'll have difficulty in succeeding professionally. While some people are born with an abundance of self-confidence, it is not a genetic predisposition and is perfectly possible to develop. This training introduces the concepts to develop the assurance necessary to demonstrate confidence in any professional context in order to transform it into a powerful tool of influence.

OBJECTIVES

ALLOWING THE PARTICIPANT TO:

- Understand the concepts needed to develop self-confidence.
- Self-assess
- Assimilate the mechanisms of self-confidence
- Mobilize the resources required to develop self-confidence

COURSE CONTENT

BEING SELF-CONFIDENT - TRUSTING YOURSELF!

- What is self-confidence?
- Self-confidence is not necessarily innate
- Identify and implement the necessary skills

HOW DOES ONE DEVELOP SELF-CONFIDENCE?

- 4 ways to develop self-confidence
- Reframing past failures



Tél. : 514-365-8397



Fax. : 514-365-8940



info@solutionsandco.com



www.solutionsandco.com