

2023

# CONFIDENCE BUILDING



1/1/2023



# 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

