



CERTITUDE
AUSTRALIA

Building Confidence, Self-Esteem and Assertiveness



LEARNING OUTCOME

Participants of this workshop benefit through:

- Greater self-awareness of limiting beliefs that are holding them back from their highest potential;
- The confidence to apply what they have learned to strengthen their presence and effectiveness; and
- By applying what they have learned, they will earn a higher degree of respect from others around them, thus allowing them to be an even better contributor.

AUDIENCE

Everyone who has an interest in making a positive impact in their work environment and forming more effective and efficient teams.

COURSE CONTENT

The workshop will cover the following topics:

- ✓ What is self-esteem?
- ✓ Being passive versus aggressive versus assertive;
- ✓ When to be assertive;
- ✓ Self-esteem and its role in self-confidence and assertiveness;
- ✓ Differentiating limiting and empowering beliefs;
- ✓ How to overcome limiting beliefs;
- ✓ Building courage;
- ✓ Developing a positive identity for oneself;
- ✓ Using positive self-talk and affirmations; and
- ✓ Using assertive language.

COMPLETION

Issue of Certificate of Completion

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COURSE STRUCTURE

1 Day

- Face-to-Face, or
- Virtual delivery