

The Confidence Kit

Who's it for? Small business owners or business people who want to build confidence and motivation to succeed at work.

How will it help? The Confidence Kit workout is for you if you are a working person who constantly juggles priorities. Sometimes you might find that you have lost sight of your own personal goals or how to achieve them. Maybe you've lost confidence after a career break, or you're thinking of changing direction. Maybe you're a running your own business and finding that you need an injection of motivation to keep focused on your business goals.

What subjects are covered? The Confidence Kit is an enlightening programme that will enable you to:

- Establish clear goals
- Identify limiting beliefs
- Build strategies for addressing confidence zappers
- Define what success means
- Work out the steps to move forward
- Practice techniques for rewiring the brain
- Assemble your confidence kit

What methodologies are used? Our Confidence Kit workshop is an interactive and participative workshop. It will include:

- Presentations
- Paired activities
- Group discussion
- Timeline exercises
- NLP techniques
- Personal reflection
- Action planning

Is it for me? The Confidence Kit will help you if you know that your lack of confidence is holding you back and if you know you are capable of more, but keep stopping yourself from moving out of your comfort zone. Don't let life pass you by – seize the opportunities with renewed confidence and conviction!

Costs? From £99 per person

Contact us to discuss your exact requirements 07968 227736
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