

COURSE CONTENT OVERVIEW

Confidence Building



Confidence can make you feel positive, motivated and inspired. It can also help you to improve your general wellbeing, build positive connections with others, and be more resilient when faced with challenges. With both practice and effort, you can improve how confident you look and feel.

This Confidence Building course begins with in-depth introduction to confidence – where you will learn about the impact a lack of confidence can have on your day-to-day life, as well as the many benefits of self-confidence. You will then learn about a range of practical strategies that you can use to improve your everyday confidence. The course includes exercises, reflection points and opportunities to complete your own confidence building action plan.

This Confidence Building course is suitable for anyone wishing to improve their confidence.

Module One - What is Confidence?

This module provides an in-depth definition of confidence and explains its relation to self-esteem. The module goes on to address where confidence comes from and the impact both low and high levels of confidence can have in day-to-day life.

- What is confidence?
- Confidence vs self-esteem
- Where confidence comes from
- The effects of low confidence and the benefits of having self-confidence
- What confidence looks like

Module Two - How to Be More Confident

This module explores a range of confidence-building techniques, from becoming more assertive to tackling negative thinking. Learners will also consider the importance of building connections and adopting a growth mindset in developing confidence.

- Being kind to your body and mind
- Focusing on the positives
- Building connections and relationships
- Developing a growth mindset and being assertive
- Trying something new and acting confident

Module Three - Your Confidence Action Plan

In this final module, learners will make an action plan to help them achieve their confidence building goals. They will find out how to identify goals, assess potential barriers, determine their values and set small-step targets.

- Identifying and developing your goals and targets
- Identifying and overcoming barriers
- Identifying your values
- Further resources

Aims of the training

By the end of this Confidence Building course, you will:

- Be able to recognise confident thinking and behaviour.
- Become more aware of the impact that low confidence has in everyday life and work.
- Understand how self-confidence and self-esteem are interrelated.
- Become more aware of your own level of confidence in different situations.
- Understand and apply a range of techniques to improve your confidence.