

Course Outline | Assertiveness and Self-Confidence

1 day(s)

Healthy self-esteem and self-confidence are essential for growth and achieving success. Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be painful and unrelenting. In this one-day workshop, participants will discover some techniques that can dramatically change how they feel about themselves, and how they approach the world to get the things that they want.

This one-day workshop will help you teach participants how to:

- Recognize that they have worth and are worthy of happiness
- Develop techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns
- Turn negative thoughts into positive thoughts
- Handle mistakes and failures in a positive way
- Set goals that reflect their dreams and desires and reinforce healthy patterns

Course Outline

Course Overview

- Learning Objectives

Self-Esteem and Self-Confidence

- Definitions
- Origins of Low Self-Esteem
- Putting Things in Perspective

Improving Self-Esteem

- How To Stop Destroying Our Own Self-Esteem
- Stop Spreading Negative Messages
- Throw Out Perfectionism

Building Self-Esteem

- Helping Others Can Boost Self-Esteem
- Using Your Skills to Help Others

Assertiveness

- Types of Behavior
- Recognizing Behaviors
- Being Assertive
- Assertiveness Formula
- Assertiveness Practice
- Other Techniques

Gaining Confidence

- Techniques that Work

The Power of Thought

- Negative Thoughts
- Flip it Around
- Tyrone's Thinking
- Debrief
- Case Study

Dealing with Setbacks

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- How to Handle Mistakes and Failures in a More Positive Way

Create What You Want

- Identifying Dreams and Setting Goals
- Setting SMART Goals
- My Own Goal Setting
- Personal Action Plan
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