

# Course Outline

## Building Confidence, Self-Esteem and Assertiveness

### Delivery Format

Live online or live in-person.

### Who Should Attend

General.

### Duration

1 day.

### Course Aim

Research into Emotional Intelligence has shown that the ability to express oneself with confidence when this is the right and helpful thing to do distinguishes start performers from the rest. And this is built on a foundation of healthy self-esteem. This short course provides an insight into the factors that impede one's self-esteem and confidence and practical rituals and habits to overcome the fear of failure and assert effectively to deliver great outcomes for those you work with.

### Benefits of Attending

Participants of this workshop stand to realise the following benefits:

- 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
- 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

### What It Covers

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

[www.eqstrategist.com](http://www.eqstrategist.com)

**Australia** +61 (0)2 8901 3239 PO Box 258, Roseville NSW 2069, Australia

**Singapore** +65 8778 7250 119 Holland Road, Singapore 278563

ABN: 20327318387 UEN: 201723917N

- Using assertive language

### **Delivery Strategy**

The learning has been structured as full day interactive workshop led by our experienced trainers. The workshops will contain a series of power point slides, accompanying information, written activities and reflective tasks and videos.

### **Formal Certification**

At the completion of this program, the participant will be eligible to receive a Certificate of Participation from EQ Strategist.