
Assert yourself, build confidence and realise more of your personal potential

It's a shame when a person with a great technical talent has trouble in expressing and communicating that talent in front of their peers and colleagues.

Very often people arrive at a level of responsibility because of their 'technical competence' having followed a route of qualifications specific to the job. The next stage of development in their role typically demands that they complement their technical skills with their 'personal effectiveness' as it's their 'soft skills' and ability to connect, communicate and express their competence with confidence which will dictate their success going forward.

This programme is designed to give participants the tools and insight that will ideally compliment their technical abilities with their human engineering skills and personal confidence to express that competence to others.

Key objectives;

- Understand the principles that build self confidence
- How attitude underpins everything- attitude towards ourselves, others and our jobs
- How to develop self belief, self confidence and self awareness
- The behaviours of success- what makes successful people successful
- How to influence with and understand different types of personalities that we encounter in just about any job
- Develop our inter-personal skills- deal more effectively with a diversity of people
- Build stronger business relationships, motivate and lead others more effectively
- Expand Your Comfort Zone- develop more poise, self-belief and self-confidence, particularly under pressure and in new situations
- Communication- how to listen in order to get to really understand others and what makes them tick

Programme Duration: One day, 9.00am-4.30pm

Who will benefit from attending?

Anyone from team leader to senior manager and anyone who wants to develop more of themselves, their communication skills, understanding of different personality types and develop their ability to influencing and persuade others.

Ideally suited for those that want to compliment their technical competence with the soft skills and confidence essential for accelerating their career.

Assert Yourself, Build Confidence and Unlock your Personal Potential

Participant feedback

Absolutely brilliant. Very good tutor.

This programme is valuable for deepening the understanding of yourself and your needs as well as a better appreciation of the needs of others.

Very positive, engaging and realistic.

Valuable for deepening understanding of yourself and your needs as well as better appreciation of the needs of others.

Very helpful. Thank you for the supporting information.

Great. Really enjoyed it and will definitely use what I have learned.

Valid for everyone and I think most people would reflect inwards and know where they can improve.

Excellent presentation and learned a lot about myself and how I can influence others.

Interesting, stimulating and thought provoking.

Excellent and really helpful.

Very interesting and has been very insightful for me.

Very helpful and fun. Interesting information provided.

Good basis for knowing what I need to build upon.

A useful introduction into development of personal effectiveness and insights into how to build confidence and influence.

Very informative and thought provoking.

Fantastic. It has really opened my mind to a lot of things. Michael is a great speaker and teacher.

Fantastic. Really enjoyed it.

Useful opportunity for reflection Useful to get away from the office, reflect and get to know colleagues.

Fun, involving and interactive. It has shown me I can, but to be patient and believe.

Informative. It's made me think about things I hadn't before.

Opens the mind to realise the potential we all have.

Really good and positive experience that will certainly help my personal growth.

Very insightful into what makes a complete person both in terms of the work place and out.

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