

Confident Thinking Masterclass:

How to explore confidence, to help you begin to act more confidently

Confidence is essential if you want to get the most out of your life. Whether you want to make friends, find a partner or get on at work you need to be able to demonstrate a degree of confidence. Many people think that there is nothing they can do to improve their confidence – as if they were born lacking in some way. This is **not true** - anyone can learn to be more confident providing they are prepared to do a little work. This workshop is going to look at how confident you are now and how you can begin to think and act with greater confidence.

1230 Business School Masterclasses will ensure you're poised for success in 2013 and beyond.

Course Aims

This half-day course is designed to explore confidence, to help you begin to act more confidently (including having confident conversations with others and networking) and to help you begin to think in a way that supports your confidence!

Course Outline

The roots of confidence

- How confident are you now
- The signs of poor confidence

Acting with confidence – making room for your confidence to grow

- Body language
- Confident conversations and networking

The Skills of Confident Thinking

- The role of optimism
- Perception
- Developing a Confident Thinking Style

Who should attend

This course is ideal for anyone who would like to explore confidence and how they can begin to think and act with more confidence

What you need to know beforehand

Nothing

Requirements

Just yourself and an open-mind!