

Workshop: Effective Assurance - Discovering Inner Confidence

Are *you* concerned by:



- ✓ Attending Parties?
- ✓ Speaking in public?
- ✓ Dating?
- ✓ Meeting new people?
- ✓ Interviews?
- ✓ Exams or tests?

Do *you*:



- ✓ Fear embarrassing situations?
- ✓ Worry that you will be judged?
- ✓ Worry too much?
- ✓ Strive for perfection?

If you answered “yes” to some or all of the above, and perhaps your confidence or self-belief needs a booster.

Effective Assurance is a workshop designed to enable us to have belief, or more belief in ourselves and our own abilities. It is designed for the individual to work on their core beliefs.

We will find that confidence within you and draw out the ability to say “No” or to make a firm decision. Effective Assurance tackles and turns around issues such as low self-esteem and a lack of assertive behaviour, this workshop will enable you to target an area of your life where you feel you would benefit from a confidence “super-boost “ and then put in place an action plan to address it. And all this is performed in safe, welcoming and relaxing learning environment.

The workshop will give opportunities for social interaction that are easy and the coordinators will bring open, free communication into the group, we understand that group meetings can be difficult so we actively promote BGFF Bring a guest for free!

<p><u>Workshop Overview</u></p>	<p>This one day workshop is designed to enable you to have belief in yourself and belief in your own abilities. It will enable you to stand up for yourself and communicate with confidence.</p> <p>Not only will you learn how to tackle and turn around issues such as low self-esteem and a lack of assertive behaviour, this workshop will enable you to target an area of your life where you feel you would benefit from a confidence “super-boost “ and then put in place an action plan to address it. And all this is performed in safe, welcoming and relaxing learning environment.</p>
<p><u>Who Will Benefit From The Workshop?</u></p>	<ul style="list-style-type: none"> • People who struggle to communicate confidently • People who doubt their own ability • People who sabotage their own chances of success • People who find it difficult to say "NO" • People who feel they are taken advantage of • People who want to be more outgoing • People who would like to take more control of their lives by being more confident and assertive • People who feel the need to increase their confidence or self esteem
<p><u>What Will You Gain From the Workshop?</u></p>	<ul style="list-style-type: none"> • Learn to communicate with confidence • Learn how to believe in your own ability and to back yourself • Learn how not to be afraid of failure • Learn how to be more assertive • Learn to put yourself on a level with others • Learn body language and non-verbal communication • Learn how to increase self-esteem • Learn how to set goals to improve confidence • Learn how to draw up a personal action plan to achieve goals
<p><u>Programme Topics</u></p>	<ul style="list-style-type: none"> • The subconscious mind • Dealing with change • Confidence building • Personal achievement • Communication • Setting goals and taking action to build confidence • Fear of fear • Fear of failure • Building self-esteem • Setting achievable goals
<p><u>Methods</u></p>	<ul style="list-style-type: none"> • Trainer presentation and group work • NO powerpoint presentations • Questions and feedback • Neuro-Linguistic Programming (NLP) and hypnosis

<u>To Take Away</u>	<ul style="list-style-type: none">• Workshop notes and a self-hypnosis cd• Motivation!• A new lifestyle
<u>Booking</u>	<ul style="list-style-type: none">• One day intensive boot camp• Max group size 12 - 2 specialist trainers (1 to 6 ratio)• 10am til 4pm• £149 per person - discounted to just £99• Strictly limited availability• Call 0208 6770769 for further details