

Confidence Building

Aims of the course

The overall aim of the course is to:

Help participants to build on feelings of self-worth and confidence, and to work to understand and breakdown the negative patterns associated with lack of confidence.

Aims of session one:

- Understand what confidence is
- Understand what self-confidence is

Aims of session two:

- To understand what self-esteem is
- Identify some causes of low self-esteem
- Recognise the effects of low self-esteem
- Awareness of personal self-esteem
- Discover some techniques for improving self-esteem

Aims of session three:

To gain an understanding and knowledge of:

- Different types of behaviour
- How thinking is influenced by behaviour
- Strategies for being assertive
- Tips for being assertive.

Aims of session four:

To gain understand and knowledge of:

- Some important areas of life; meaningful areas of life
- Why setting goals is important
- The value of planning

Aims of session five:

To understand:

- The difference between rational and irrational thoughts
- Types of irrational thoughts
- The effects of irrational thoughts
- Challenging irrational thoughts
- What happens if irrational thoughts are not challenged?

Aims of session six:

To understand:

- How people react differently to criticism
- Constructive and destructive criticism
- Reactions to criticism
- Skills needed in regards to managing criticism
- The effect of destructive self-criticism
- How to deal with thoughts of failure and self-criticism

Aims of session seven:

To understand:

- What is meant by good communication
- Different ways of communicating
- How lack of confidence affects communication
- Use of listening skills
- How to enter into conversations
- Visualisation of confidence in communication

Aims of session eight:

- Reflecting on Confidence