

# Confidence at Christmas

## 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
- That everyone has rights
- Some strategies for being assertive
- Tips for being assertive.

### Aims of session four:

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