

OnLine: Confidence – strut your stuff

Confidence is recognised as a fundamental need to succeed in business and also in life. These short courses are examples of what can be learnt in a few hours

Smart Coaching & Training and Focus is offering this one-day public course delivered by Focus' and SCT's experienced trainers in Morocco. Also available for remote delivery and online course.



Morocco

Confidence – strut your stuff

How confident do you feel having a difficult conversation, starting a new project, in an interview, receiving criticism, voicing your own opinion, or starting a conversation with someone you don't know?

Confidence is a big word. What do *you* mean by confidence? What do you think others mean by it? A sign of confidence is the ability to take risks. Do you have impostor syndrome? Do you have limiting beliefs? What are your underlying fears? What are the potential obstacles? Do these stop you from gaining rewards?

Confidence is synonymous with achievement and success and, as such, the lack of it can give rise to feelings of inadequacy and weakness, particularly in challenging contexts.

This course helps you understand confidence, develop confidence in yourself and build confidence strategies as the groundwork for you to see your confidence levels soar, enabling you to flourish and achieve your goals! It covers these topics:

- ✓ Confidence: what is it? – Meetings, self-observation
- ✓ The components of confidence – self-worth and self-belief – their part in confidence
- ✓ Discovering your confidence-related strengths
- ✓ How do you do confidence? Tips and tools, body language
- ✓ The Impostor Syndrome and negative beliefs: your personal confidence risk assessment, some confidence-stretching exercises
- ✓ Developing confidence strategies

These courses are sometimes run as open public courses but are more often run for companies who provide up to 12 participants. Can be run in person or remotely and is also available online.

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Based in the UK, with associates in four continents, speaking 11 languages, SCT unleashes your potential for smarter results. Biographies of all our trainers, their experience, locations and languages and so much more can be found on the website www.smartcoachingtraining.com.



KHDA/Actvet Certified

Your Trainers



Randa Shanableh is a bilingual IT and Soft Skills trainer and coach, and a founder of Focus Training.

David Rigby has over 30 years' experience of management consulting, training and coaching.

My compliments to the trainer for his ability to deal with the challenges of a multi-cultural class. Ammroc Abu Dhabi

I am very lucky to have met such a brilliant woman, Randa was one of the most efficient and capable trainer and coach to handle such projects. Jordan

David is a very effective educator, coach and speaker. His delivery is very engaging, and he presents in a way that everyone could understand. Abu Dhabi University

My staff qualities have been finely polished at the hands of Ms Randa Shanableh, a great craftswoman, dedicated coach, passionate, evolutionist and creative. London

it's great to feel your energy, David, and to know the myriad talents you use to develop people. Inspiring!! Coach Barcelona

David ran International Certification in Advanced Leadership Skills leveraging a unique interpersonal style that made fun learning. Braincraft Ghana

You can learn from him just by listening to him speaking. Rolaco Jeddah KSA

It was very enlightening to understand myself more as a professional and understand my team better to support and enhance their skills. Al Tayer Dubai