

Moving Ahead through Self-Confidence

Skills for Success



9068



In-Class



8 hours

Course Description:

This course empowers participants to strengthen their self-confidence as a key driver of personal growth, career advancement, and effective communication. Through guided reflection, mindset tools, and behavioral strategies, learners will identify limiting beliefs, build self-trust, and adopt practices that enhance their assertiveness, resilience, and personal impact in the workplace.

Target Audience:

This course is designed for professionals, early-career employees, and team contributors with 2 to 7 years of experience who aim to overcome self-doubt, develop confidence in communication, and enhance their personal presence.

Course Objectives:

By the end of the course, participants will be able to:

- Describe the psychological and behavioral foundations of self-confidence and how they influence personal growth
- Demonstrate techniques to challenge self-doubt, build inner trust, and apply confident communication in daily work situations

Course Outline:

Module 1: Foundations of Self-Confidence

- What is self-confidence, and why does it matter
- Internal vs. external confidence drivers
- The impact of self-image and internal dialogue
- Recognizing limiting beliefs and impostor thoughts
- Understanding the role of mindset and resilience
- Building a personal definition of confidence

Module 2: Confidence in Action

- Verbal and non-verbal expression of confidence
- Techniques to manage anxiety and self-doubt
- Speaking up in meetings and difficult conversations
- Establishing boundaries assertively
- Celebrating small wins to reinforce progress
- Sustaining self-confidence in uncertain or high-pressure situations

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

Course Language:

English Material
Bilingual Explanation

Prerequisites:

N/A