



CENTRAL BANK OF EGYPT
Egyptian Banking Institute

Building Your Self-Esteem and Self-Confidence



A Partnership for Quality

Interpersonal Skills



325-P26-CE



In-Class



8 hours

Course Description:

Healthy self-esteem and self-confidence are essential for growth and achieving success. Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be painful and unrelenting. In this course, participants will discover some techniques that can dramatically change how they feel about themselves, and how they approach the world to get the things that they want.

Target Audience:

For all staff who wish to start building their self-esteem and Self-Confidence

Course Objectives:

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

- Define techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns
- Explain how to set goals that reflect their dreams and desires and reinforce healthy patterns

Course Outline:

Module One: Self-Esteem and Self-Confidence

- Self-Esteem and Self-Confidence
- Improving Self-Esteem
- Building Self-Esteem
- Assertiveness

Module Two: Gaining Confidence

- Gaining Confidence
- The Power of Thought
- Dealing with Setbacks
- Create What You Want

Assessment Strategy:

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

Course completion will grant participants:

0.6 CEUs

Course Language:

Training Material: English

Facilitation: Bilingual

Prerequisites:

None