

# ENHANCING CONFIDENCE & SELF WORTH

*Because you're worth it*

This workshop deals with ways to boost your self worth and develop your Confidence.

Self worth is something that each and every person should have. A good level of confidence and self worth will make you more motivated to work at achieving your goals and being successful in what ever venture you desire.

## Workshop outline

- Effects of self esteem
- Common beliefs
- Boost your self esteem
- Look at your strengths
- Self talk: our plentiful internal conversations
- The challenge of anger
- Decoding fear
- Under-functioning vs. over-functioning
- A checklist of 9 irrational thoughts
- Ways to enhance your Confidence and self worth
- Tips to increasing your confidence
- Communication
- Power of thoughts
- Affirmations

## Learning outcomes

At the end of this workshop you will:

- Understand what self esteem is
- Be knowledgeable of how to improve and develop Self Esteem develops
- Understand self perception
- Be knowledgeable of how affirmations can be used to boost your self Esteem
- Know how to deal with a crash in confidence

8.30 - 12.00 noon

Cost

**\$128.00**

Where

2nd Floor, Highway Arcade  
47 Stuart Highway, Stuart Park

Refreshments

Morning tea, will be provided

For more information, please contact us at:

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