

Online Programme Agenda

Learning Outcomes

By the end of the workshop participants will:

- have learned a wealth of techniques to help them to develop their confidence
- know how to present themselves in the best possible light at all times
- have a range of tools to draw-on to help manage difficult situations more comfortably
- feel happier and more in control, both professionally and personally.

Pre-Session Activities

Session One: Trainer-led Live Interactive Session

10:00 Welcome and Setting the Scene

- Introductions and objectives
- Defining confidence

Understanding Confidence

- Foundations of confidence
- Role of Emotional Intelligence

12:00 Q&A and Close of Session

Self-Directed Learning Session (12-2pm)

Session Two: Trainer-led Live Interactive Session

14:00 Presenting Yourself Positively

- Image, voice and assertiveness
- Managing nerves

Putting it into Practice

- Confidence in a range of settings
- Continuous learning and personal development

16:00 Q&A and Close of Session

Post-Session Activities