



## Growing Confidence and Self-Esteem

Contrary to some people's believe that you are either born to be confident or not, confidence is a skill that can be learned. It can be practised, bettered, honed, and made even stronger - all with just a little bit of knowledge, time and effort. Once you master it, everything in your life will change for the better.

Confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they have the ability to overcome them. Confident people know their worth. They tend to see their lives in a positive light even when things are not going so well and they are typically satisfied with and respect themselves. Wouldn't it be amazing to have this kind of confidence and self-esteem every day of your life? Guess what? You can.

The Growing Confidence and Self-Esteem workshop is designed to help you to achieve this goal.

This **one-day workshop** will be delivered by Zoryna O'Donnell, MBA, FInstLM - an experienced trainer, coach, mentor and a Master Practitioner of Neuro-Linguistic Programming (NLP).

The workshop will cover the following key elements:

- ✓ Difference between confidence and self esteem
- ✓ Signs, causes and price of low self-esteem
- ✓ Healthy self-esteem – what is it?
- ✓ Self-compassion and mindfulness
- ✓ Building confidence means preparing yourself for success!
- ✓ The 'Confidence Gap' and how to close it
- ✓ Dealing with an 'imposter syndrome'
- ✓ Practical science-proven tips for building confidence and self-esteem

The workshop will equip you with an understanding of the differences between confidence and self-esteem and how you can grow both to change your life for the better. You will learn practical science-based tips for strengthening your confidence and self-esteem and with some time and practice (this is not an overnight phenomenon), you too will become a self-confident person, both inside and out.

**Breakthrough Skills Programme™ for Women Discounted Fee - £60+VAT per person.**

Standard Fee: £199+VAT per person for open access workshops.

**Contact us for information about the dates and venues and to book your place:**

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