

# Simply the Best – Building Your Personal image, self-esteem and confidence (2 Days)

Maximum Participants: 16

Duration: Two Days

Timings: 09:30 – 16:30



**Mike Phillips Training**

Releasing potential through learning and development

## Suitable for

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All those who wish increase their confidence and self-esteem and take greater control of their life and career, release their potential and become the best they can be.

## Aim

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To provide practical strategies for developing self-esteem and confidence at work. You will learn how to overcome self-doubts and develop the self-belief to further your goals and performance at work and elsewhere.

## Learning Outcome

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

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|--|--|
| <input checked="" type="checkbox"/> Identify your current strengths and development opportunities using a SWOT Analysis              | <input checked="" type="checkbox"/> Recognise the 'inner critic' which is within us all and reflect upon its usefulness                    |
| <input checked="" type="checkbox"/> Recognise the achievements, attitudes, knowledge, skills and qualities that make you unique      | <input checked="" type="checkbox"/> Discuss how to create a positive, confident image within the workplace                                 |
| <input checked="" type="checkbox"/> Create a personal mission statement and clarify your personal/professional values                | <input checked="" type="checkbox"/> List a range of sources and methods of learning and development and create a Personal Development Plan |
| <input checked="" type="checkbox"/> Define and clarify your future goals, reflecting your personal vision and a life-work balance    | <input checked="" type="checkbox"/> Use confident, assertiveness and communication skills in your work relationships and elsewhere         |
| <input checked="" type="checkbox"/> Assess your current confidence and self-esteem levels and strategies for developing them further |  |

You will also leave the course with:

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|--|--|
| <input checked="" type="checkbox"/> A sense of achievement   | <input checked="" type="checkbox"/> A Personal Action Plan to take your learning further |
| <input checked="" type="checkbox"/> A toolkit of techniques and practical ideas for releasing your potential |  |

## Training Style

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All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (\*email required)

## Other Courses to consider

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|--|-------------------------------------|
| ⇒ Assertiveness in the Workplace (2 Days)                            | ⇒ Improving your Time Management    |
| ⇒ Effective Networking Skills  | ⇒ Influencing and Persuading Skills |
| ⇒ Effective Team Working – Play Your Part                            | ⇒ Interpersonal Communication       |
| ⇒ Effective Telephone Skills (General)                               | ⇒ NLP in the Workplace (2 Days)     |
| ⇒ Improving Your Performance through Emotional Intelligence (2 Days) |                                     |



*"This course has helped me realise that there are many practical things that I can do to build my confidence and self-esteem."*

*"I'm leaving with lots of practical strategies that I can use in the future."*

*"Developing a personal mission statement was really helpful – I'd never thought of things in that way before."*

**Course Participant**  
**Positive East**



## website

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