

## **Develop Unlimited Confidence**

**One on One (1/2 Day), Small or Large Groups (1/2 to 1 day)**

***'Low self-esteem is like driving through life with your handbrake on.'***

-M.Maltz-

Everyone wants self confidence. People with self confidence are uninhibited by self doubt, they are admired and respected by others. When we finally get self confidence we can easily lose it again, unless we know the secrets to keeping it. This course gives participants the techniques to overcome limiting belief patterns and gain confidence. You will design a Personal Confidence Program which you can use to gain self confidence and maintain it for life.

### **OVERVIEW**

This session is for anyone who feels that a lack of self confidence is limiting their ability to achieve what they want in their career or personal life. The workshop will introduce techniques to overcome self-doubt, fears and excuses, and show participants how to plan and achieve their full life potential. At the end of the session attendees will have a clear understanding of confidence limiting factors and how to overcome them. Participants will also be shown how to create a Personal Confidence Program that they can start using immediately!

### **PRESENTER**

Sue Willis has overcome many challenges in her life to become one of Canberra's leading trainers in self development, communication skills, writing and presentation skills. After a 20 year career in the APS, Sue started working for herself providing presentation skills training. Soon after Acorn approached her to run other workshops and she has expanded her range of topics as above.

Sue is a popular and engaging trainer with the ability to engage the attendees, provide lots of humour and still ensuring everyone leaves with new skills and a positive attitude.



**SCHEDULE**

<b>9:00am</b>	<b>Welcome</b> - What is self-confidence?
<b>9.15am</b>	How will self confidence improve my life? Creating the vision – Where will I be when I believe in me?
	Self assessment – where am I preventing my own success. Participants complete a self assessment to discover what barriers are preventing them from being self confident.
	Barriers to self esteem <ul style="list-style-type: none"> <li>- excuses</li> <li>- self criticism</li> <li>- comparison</li> <li>- negative self talk</li> <li>- fears &amp; managing fear</li> </ul>
	Understanding personality and your natural talents
<b>12:30pm</b>	<i>Lunch (45 minutes)</i>
<b>1:15pm</b>	Belief Patterning Processes of Thought
	Self confidence tool box.
	Designing your Personal Action Plan
<b>5:00pm</b>	<b>Finish</b>



## TESTIMONIALS

This workshop provided an opportunity to look at my own negative thoughts and realize I can change them if I want to. Sue was a good positive role model; and it was great to hear other people's stories. – Glenda Shelley, DEH

"This workshop taught me easy techniques, from a good presenter – very enthusiastic."

Sue renewed my enthusiasm to complete my diploma and seek a more satisfying job.  
– Australian Sports Commission

"I loved that I was able to share past experiences or failures without feeling ashamed or embarrassed."

"Sue used stories and examples that everyone could relate too. I highly recommend attending this workshop if you want to gain confidence to achieve more in work and life."

It made me realize that anything is possible if we work at it. – Dorothy Amey, Australian Sports Commission.

"I have been given many skills that I can now take away and practice. I thank you for giving me these to improve myself and life. Sue is absolutely great!" – Cathy Phillips, DAFF

"It was great to talk to people with similar needs and anxieties. This really helped me."

The Developing Unlimited Confidence workshop was a real eye opener. It gave me confidence to try some of the techniques raise on the course. – Emma Keneally, Australian Sports Commission.

"The best thing about this workshop was learning how to change my attitude and reprogram my self talk."

"The whole thing was great. I felt that I got a lot out of it that was useful in real situations." – Rebecca Brown, Centrelink.

## Enrolment Form – Develop Unlimited Confidence

ABN 34 073 999 185

Send this form to Acorn: Fax (02) 6162 2077 or e-mail to [bookings@acorntraining.com.au](mailto:bookings@acorntraining.com.au)

We will ring you to organise a time to run the session.

Attendee's name	Email address	Phone Number
1.		
2.		
3.		
4.		
<b>Organisation</b>		
<b>Branch/Division</b>		
<b>Address</b>		
<b>Phone #</b>		
<b>Fax #</b>		

### **Payment Details**

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Single attendee: \$595

Second and subsequent attendee: \$395

For larger groups please call for a quote

#### **1. Credit Card** (Amex, Diners, Visa, MasterCard)

Name \_\_\_\_\_ Card No \_\_\_\_\_

Expiry date \_\_\_\_\_

#### **2. Invoice**

Signed off by \_\_\_\_\_ Name \_\_\_\_\_

Email invoice to: \_\_\_\_\_

Terms: Payment is due on or before the day of the session.