

Develop Unlimited Confidence

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!

Ring John on 0419298012 or email john@acorntaining.com.au