The Confident You: Taking Charge of Your Life

Overview/Description
Have you ever had something you really wanted to say to someone, but held it back because of some kind of fear or shyness? Have you ever given in to someone else's way, and then regretted doing so because you believed strongly in your position. Do you wish you had the confidence to stand up for yourself more firmly in some situations? This workshop will give you some tips on how to add the confidence that helps you feel like you're in control.

Target Audience
Anyone looking to boost their confidence and feel more in control of their life.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Describe what confidence means
› Distinguish between confidence and cockiness
› Identify the four keys to boosting your confidence

Describe how to overcome fear of failure
› Identify ways to keep track of past successes
› Identify alternative ways to view “failure”
› Describe how to get control of your stressors

Describe how to use assertive communication
› Differentiate between assertiveness and aggressiveness
› Describe how to tell people what’s on your mind without damaging relationships

Identify how clear goals can boost your confidence
› Describe the difference between a goal and a dream
› Identify how to write powerful goals for yourself