

Developing confidence

Aim

Building inner strength for outer success

What's it all about?

This seminar looks at how to build confidence with peers, customers and senior management. So that people leave this session knowing what their confidence enhancing and reducing triggers are and how to manage them positively.

Why iOpener?

Not only have we been researching confidence in our 5 year research programme, we have a deep understanding of what it is and how to boost it. iOpener has specialists working on this subject who help to build the confidence of both executives and non-executives in the public and private sector. Our success in facilitating and coaching this field has meant we have been working with some of our clients for many years.

How?

We take a coaching approach to this workshop so that everyone needs to come ready to disclose what they find tough. That way participants deal with a wide variety of working situations. Through role-play, videoing, and undertaking challenging tasks, everyone will get feedback on how they handle difficult situations while developing their personal tool-kit.

Participants?

This workshop is for eight participants; small groups ensure that we deal with all individuals' difficult and personal situations. Everyone should come ready to talk about two situations in which they would like to feel more confident.

Outcomes:

Participants will:

- Learn tools to shift their inner mental models
- Develop techniques to recognise how to deal with personal tough situations
- Think about how they react under pressurized situations
- Understand what to change and how
- Build a repertoire of responses

Participants cover:

- Getting a clear idea of what confidence looks like, sounds like and feels like
- Understanding what confidence consists of and how it affects contribution – the iOpener 5C model
- Recognizing personal hot spots: what causes reduced confidence in individuals' environments
- Understanding the confidence gap: competence, connectedness and choice
- Surfacing negative thoughts and circumstances then bridging with positive evidence
- Recognizing confidence in self and others: words, voice and body language
- Building my confidence tool-kit

Target group

Any leader who wants to build and project inner confidence

Option

Follow this workshop up with a one-to-one coaching session for all participants to embed techniques and learning.

Duration

1 day