

Building Self Confidence For Women

Full Description

Whether you feel shy, have fears giving presentations or lack the success you want in life it could be your self-confidence that needs a boost. With a belief in yourself and your abilities overcoming obstacles is enhanced. "If you think you can you can, and if you think you can't you can't."

Highly recommend 1 to 2 online chats with MSN Messenger or Yahoo Messenger to help you process and act on the ideas presented.

Outcomes:

- Do things differently; take on new challenges
- Develop more personal and interpersonal awareness
- Empower yourself
- Feel better about yourself
- Gain more self confidence, self expression and self knowledge
- Increase self worth
- Strengthen your sense of yourself
- Track your goals, growth and successes

Assessment:

Optional: If pursuing education credits, at the end of this course the students will receive an exam or true false questions to determine their comprehension of the material covered.

Course Information (see above or below lessons, outlines, activities, etc.)

LESSON 1

In this first session key points will be to understand what self-confidence is and how to develop goals to move forward. You will prepare a set of written affirmations that affirm your worth and value.

LESSON 2

You will become aware of your self-talk , negative and positive. You will learn how to use visualization techniques to see yourself succeed in your endeavors.

LESSON 3

You will discover tips on how to stay motivated for regular physical exercise to feel better about yourself --physically and mentally.

LESSON 4

You will find the top tips to act on to build your self-confidence on a day to day basis.

LESSON 5

You will improve how you communicate with others so that you can assert your wants easily.

ORDER this course now! [Click Here](#).

