



1 Day to *Outstanding Self Confidence*

New & Improved from the Confidence Strategist
KiE Leadership Training & Development

1. Getting Started

- Icebreaker
- Ground rules
- Workshop objectives

2. Getting it into perspective?

- What is Self Esteem?
- What is Self-Confidence?
- Where are you now? Where do you want to be?

3. The effects –the Solution

- What has the impact of negative self image cost us?
- The solutions –your own confidence blueprint

4. Goal Setting

- Setting goals that drive, inspire and motivate you daily,
- Making your life a Masterpiece!

5. Dealing with Emotions

- How to manage your emotions and catapult your success

6. Strategies for outstanding self confidence

- 20 top Strategies to transform your level of self confidence and self esteem

7. Wrapping Up

- Guided visualisation
- Lessons Learned
- Completion of blueprints and evaluations

Free handouts, resources, recommendations, book giveaway on the day and opportunity to join a confidence support group.

To keep the cost down simple refreshments will be provided but you will need to make your own arrangements for lunch.

Various workshops in London on Saturdays or Sundays [close to public transport]

Workshops are very affordable and special consideration are given to the unwaged or teens

Email kiechelle@kiechelle.com regarding investment for the day and a list of dates and venues

www.kiechelle.com