

# Gearing You For Growth

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

## Building Your Self Esteem and Assertiveness Skills

### Course Overview

A healthy self-esteem is essential for growth and achieving success.

Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be painful and unrelenting.

In this one-day workshop, delegates will discover some techniques that can dramatically change how they feel about themselves, and how they approach the world to get the things that they want.

### Course Objectives

This one-day workshop teaches delegates how to:

- Recognize that they have worth and are worthy of happiness.
- Develop techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns.
- Learn how to turn negative thoughts into positive thoughts.
- Learn how to make requests so that they get what they want.
- Set goals that reflect their dreams and desires and reinforces healthy patterns.

### Prerequisite

There are no prerequisites for this course.

### Duration

- 1 Day



## Course Outline

### What is Self-Esteem?

During this session, delegates will partake in discussions around two key questions: Just what does self-esteem mean? What are some of the things that affect our self-esteem?

### Improving Self-Esteem

This session will give delegates two ways to start building their self-esteem: reduce negative messages and throw out perfectionism.

### Building Self-Esteem

In this session, delegates explore how they can create self-confidence through their appearance and first impression.

### Increasing Our Self-Esteem

So far, delegates have looked at external things that affect a person's self-esteem. Now the delegates focus on the internal factors; the things that they think about themselves.

### Esteemed Confidence

During this session, you delegates receive some easy ways to increase their confidence.

### The Power of Thought

Through personal exercises and a case study, delegates will explore how thoughts can impact a person's self-esteem.

### Ask for What You Want

Asking for something can be hard, especially if you do not feel confident. This session will discuss four ways to successfully ask for what delegates want. Delegates will then apply the knowledge to a case study.

### Create What You Want

To wrap up the workshop, delegates will receive some ways to create an action plan, so that they can get started on the road to confidence today.

### Workshop Wrap-Up

At the end of the day, delegates will have an opportunity to ask questions and fill out an action plan.