

Achieve the Success You Deserve

"It has boosted my confidence and self-esteem and given me the motivation to get back out to work or go on to further training."

Introduction

Achieve the Success You Deserve is a flexible personal development course that focuses on helping your clients identify the needs and advantages of self-esteem and how this can be put to good use in all aspects of life. It is specifically aimed at those who are furthest removed from the job market.

Aim

To increase self-esteem and confidence while identifying what you would like to achieve in life.

Content

Some of the themes included in Achieve the Success You Deserve are:

- Where Am I Now?
- What is self-esteem and confidence?
- Improve motivation
- Getting to know my skills and qualities
- Building on my strengths
- Becoming more assertive
- What are my barriers to success?
- Goal setting

"I thought this course was brilliant. It has helped me a lot and I would recommend it to anyone."

"Whilst doing the course I gained confidence in myself and was able to realise the skills and qualities I have that I had never noticed before."

"I very much enjoyed Gary's course. Very clear and concise, very well presented and at a good pace. Gary took his time to involve all the course participants, was very helpful without being overly critical, and detailed without being confusing. I would firmly recommend the course to others."

About Gary Bedingfield

Gary Bedingfield was born near London, England, and lives near Glasgow, Scotland. He is a qualified further education trainer with almost 25 years industry experience and a passion for helping people reach their full potential. After being employed as a college tutor, training co-ordinator and training development manager, he started his own business, Gary Bedingfield Training, in 2009. As a trainer, coach and mentor, he delivers staff development courses and employability workshops throughout the UK, supporting clients ranging from voluntary organisations to the Ministry of Defence. In 2021, Gary Bedingfield Training was awarded Most Outstanding Creative Training and Development Firm (Scotland) in the Global Business Insight Awards.



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