

Improving Personal Impact



A two-day highly interactive workshop to help increase confidence, self-esteem and motivation

"This course has given me more confidence to deal with workplace situations, and has shown how setting goals and being assertive can be valuable in work and at home."

INTRODUCTION

This course is designed for staff members who would like to improve their confidence, self-esteem, assertiveness and motivation.

AIM

The aim of this course is to help increase your self-confidence and motivation, and identify ways this can be put to good use in all aspects of life.

CONTENT

Understanding confidence and self-esteem
Recognising barriers to success
Motivation
Recognising your skills and strengths
Assertiveness
Listening skills
Asking the right questions
Life balance
Goal setting

Duration

2 days (typically 9:30am to 4:30pm)

Group Size

Maximum group size is 12

About Gary Bedingfield

Based in Glasgow, Scotland Gary Bedingfield has 20 years' experience in the training industry. He is a qualified further education trainer with an overwhelming desire to help people reach their full potential. He has worked with a wide variety of organisations from the voluntary sector to the world's largest commercial property developers.

Gary Bedingfield Training

0845 003 9571

www.garybedingfield.co.uk

info@garybedingfield.co.uk

Helping people reach their full potential

Gary Bedingfield Training

0845 003 9571

info@garybedingfield.co.uk

www.garybedingfield.co.uk