



Consulting and Training | Reach New Heights

Course Name

Building Self-Trust and Growing Confidence

Sector Name

Interpersonal Skills and Self Development

Document Type

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Building Self-Trust and Growing Confidence

Course Introduction

Everything you have in your life is a result of your belief in yourself and the belief that it's possible. Believing in yourself will open up endless possibilities in your life. Sometimes you may find it difficult to keep doing it. Thus, we must train ourselves to get rid of our fears and self-doubt to build self-esteem and self-confidence.

This training course is designed to equip participants with the most important techniques in boosting self-confidence, nurturing self-trust, and developing a more positive attitude with positive affirmations to increase credibility in life, career, and business.

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Target Audience

- ✓ Professionals in Career Transition
- ✓ Job Seekers aiming to build confidence in interviews and new job roles
- ✓ Professionals Making Career Changes looking to trust their skills and decisions in a new field
- ✓ Freelancers or Consultants who need to develop self-confidence to manage their business independently

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Learning Objectives

- ✓ Appreciate the power of believing in yourself, that you can do anything
- ✓ Find out why self-confidence is necessary in your faith in yourself
- ✓ Explore the importance of positive thinking in successful mindset growth
- ✓ Define the power of positive thinking in your life and business
- ✓ Define attitudes and work on overcoming a negative approach that led to the underestimation of self.
- ✓ Apply strategies to maintain a confident appearance when dealing with relations
- ✓ Master techniques to overcome nervousness and present with confidence
- ✓ Deliver a polished, professional, and credible speech
- ✓ Handle questions and comments effectively
- ✓ Effectively handle difficult people in negotiation and difficult situations.

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Building Self-Trust and Growing Confidence

Course Outline

✓ 01 Day One

The Power Of Believing It's Possible

- ✓ See What You Want, Get What You See
- ✓ The Importance to believe in your self have self confidence
- ✓ What Does Self Confidence Means?
- ✓ Obstacles to Self-Confidence and Types of Negative Thinking
- ✓ The Importance of Goal Setting to Boost Your Confidence

Successful Mindset: The Positive Mindset To Grow

- ✓ Growth Mindset vs. Negative Thinking
- ✓ How Growth Mindset can change your life style Your Business environment
- ✓ How your mind and your thinking style can affect your body
- ✓ The link between thinking and actions.

The Power Of Positive Expectation.

- ✓ Identifying Your Worth
- ✓ Creating Positive Self Talk
- ✓ Identifying and Addressing Strengths and Weaknesses.

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Course Outline

✓ 02 Day Two

Communicating With Confidence

- ✓ The Importance of Appearance
- ✓ The Role of Body Language
- ✓ First Impressions Count!
- ✓ It's How You Say It
- ✓ Sounding Confident
- ✓ Using ' Messages
- ✓ Sharing your Ideas with Others

Public Speaking

- ✓ Overcoming Nervousness
- ✓ Preparing mentally
- ✓ Physical relaxation techniques
- ✓ Appearing confident in front of the crowd
- ✓ Delivering your Speech
- ✓ Starting off on the right foot
- ✓ Using visual aids
- ✓ Checking the volume of your voice
- ✓ Adjusting on the Fly
- ✓ Gauging whether breaks are required
- ✓ Wrapping up and Winding Down

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Course Outline

✓ **03 Day Three**

Handling difficult people with confidence and negotiating

- ✓ Understanding Underlying Causes
- ✓ Establishing boundaries and setting limits
- ✓ Taking Control of Conversations
- ✓ Choosing the right battles
- ✓ Negotiation Planning and Effective Negotiations
- ✓ Personal Negotiation Skills

Techniques and dealing

- ✓ Using STAR to Make Your Case
- ✓ Coping Techniques
- ✓ Building Rapport
- ✓ Expressing Disagreement
- ✓ Coming to Consensus
- ✓ Key Tactic

Building Self-Trust and Growing Confidence

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 10, 2027	May 12, 2027	3 days	3250.00 \$	UAE , Abu Dhabi
Oct. 5, 2026	Oct. 7, 2026	3 days	3250.00 \$	UAE , Dubai
Nov. 29, 2026	Dec. 1, 2026	3 days	3250.00 \$	KSA , Riyadh
March 15, 2027	March 17, 2027	3 days	3950.00 \$	Singapore , Singapore

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