



Building Self Confidence

Confidence is vital in today's workplace in which leaders are expected to have the answers and to drive strategies through to success. When you are confident people come with you, projects move forward and work gets done. But when you are not, your projects stall and people find it frustrating to work with you.

Your challenge is to discover strategies to be able to be sure about what you're doing.

Attend this workshop to discover personal insights, to understand how you deal with your confidence issues and to develop some new strategies to be a more confident version of yourself.

How do I know I should attend this workshop?

1. Has lack of confidence ever distracted you in the day or kept you awake at night?
2. Would you like more confidence in dealing with certain specific tasks or people?
3. Have you ever had the feedback that you 'should be more confident'?
4. Do you sometimes think 'I should be able to handle this' but don't know how to?
5. Would you like to learn tools and techniques to feel more confident?

If you answer yes to most of these five questions then this workshop is for you.

What will I do?

You will work on:

- Getting to grips with iOpener's theoretical foundations explaining confidence
- Analyzing issues: to help you get to deeper understanding of your issue
- Working with the TRACKS process to help you manage your issue in a process
- Exploring self-belief: to help pinpoint the issue from your internal perspective
- Managing status and challenges in the moment

What are the outcomes?

By the end of this workshop you will have:

- Reflected on your issues and examined them from a variety of perspectives
- Worked with a range of tools and techniques designed to help you take action
- Conducted peer coaching sessions to help you find your best way forward
- Understood how to manage immediate and long-term challenges
- Selected the best tools to help you boost your confidence in the short and medium term



How do I prepare?

You need to do two things:

1. **Come ready to work on a recent or current situation** which impacted your confidence and that you would like to have handled better.
2. **Interview three colleagues about your top three strengths.** Just ask them 'what do you think my top three strengths are?' Explain that their perceptions will help you with an upcoming workshop.

Please do prepare as it will help you and your peers get the most from your day.

Who is iOpener?

We develop people and organizational performance through the power of happiness at work.