



Let the real you shine through

A Programme for Developing Your Self Esteem and Confidence

This is a flexible programme that can be run over 5 half day sessions or 2 days with ½ day follow up.

Venue on site or venue can be arranged
Group size 12 - 16
Trainer Toni Byrne

To get further details?

Visit www.wellbeingatwhitespace.co.uk

Or e-mail office@wellbeingatwhitespace.co.uk giving your contact details and we will arrange to discuss a bespoke programme with you

Cost per programme £1800 (All course materials included)
Venues and refreshments not included but can be arranged

Is this the programme for your People?

This programme is designed to improve their self- esteem, confidence, personal impact, effectiveness and credibility. Being more awareness of their own behavioural styles and using different styles will have a positive influence and impact on relationships, both personal and professional. In this programme we will focus on your staff - developing knowledge and skills needed for them to project a more positive and self-assured presence, able to build and maintain rapport with others ,and feel confident to handle difficulties and change. The programme is flexible and will be modified to meet the needs of individuals .

What will they learn?

By the end of the programme they will be able to :

- recognise different behavioural styles
- Know how to make and refuse requests effectively and with confidence
- Learn techniques for handling difficult situations
- Use body language as an effective communication tool
- Develop strategies for creating Win:Win solutions recognising and respecting other peoples rights and responsibilities as well as your own
- Relax and feel more confident and self assured