



capture your confidence!

helping you to step out of your comfort zone

in a nutshell...

Capture your Confidence! is designed as the first step to get your employee's confidence and positive beliefs up and running. By using a unique blend of drama and coaching, this workshop actively supports individuals to step out of their comfort zone, explore their personal presence on a group and create a positive plan for the future.

who should go...

Employees of all levels looking to boost their personal confidence through a new challenge of performing in front of a group

Any employee wanting to understand their personal motivation and discover new methods for preparing for the unexpected

Departments or teams wishing to develop their team bond via a deeper knowledge of who makes up their team

what to expect...

For the attendee:

Drama exercises to allow participants to take centre stage and competently deliver to a group

How choosing more positive attitudes can improve their inner confidence and outer performance

Visualisation techniques and introduction to positive conscious thinking to support their personal and professional development

Planning for change today and beyond

For the business:

To develop employee's confidence and sense of worth by helping them to discover their unique communication style

Improved morale and responsibility for personal change

To help support and motivate confident teams

Increased ability to participate in meetings and successfully interact with customers

details

1 Day
Workshop max 8 participants
£1600 + VAT

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