

CONFIDENCE...THE KEY TO SUCCESS

As they say, confidence is key and this workshop will explore how you can both look and sound confident, stay optimistic and influence others positively by presenting a confident and professional image.

Content

- What is confidence?
- Confidence strategies.
- Look and act confidently.
- Presenting a professional and confident image.
- Speak confidently.
- Influencing skills.
- Confidence and self-belief.
- Think confidently and optimistically.
- Manage your self-talk.
- Action planning for the future.

Outcomes

- Be aware of why confidence is so important for success in work and life.
- Learn strategies to present yourself more confidently.
- Know how to positively influence others.

Who Should Attend

This program has something to offer everyone in building the essential trait of confidence.

Benefits to you and your organisation

Gain strategies to present yourself, speak and think more confidently, as well as to effectively network and interact with others in the organisation and beyond.

Competency Framework

Entry Level Common/Core
(AS01-AS02)
First Line Manager Common
(AS03-AS05)
Middle Manager Core
(AS05-AS06)

Facilitator

Jacky Dakin

Contact

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Duration

Half day
9:00am-12:30pm
8:45am registration

Dates & Bookings

[Please refer here](#)

Location

Level 6, 12 Pirie Street
Adelaide SA 5000

Inclusions

Workbook, morning tea and refreshments

Costs

Professional Members \$260
State Gov Members \$295
Corporate Members \$305
Non-Member \$325

