

Bulletproof People - Confidence Course Outline



FOCUS: The ability to bounce back and effectively deliver my skill and talents, despite ever changing and challenging workplace conditions.

LENGTH: 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

GROUP SIZE: 10-20 (Larger groups may require extra facilitators).

METHOD:  Personal reflection  Pairs collaboration  Group think & action

AWARENESS

1. The fine line between under and over confident.
2. What builds and breaks my confidence?
3. Confidence creates the right business atmosphere.

IDENTIFY

1. The differences in confidence and arrogance across the different generations (Gen Y, X and Baby Boomers).
2. Confidence and being assertive.
3. Top 5 Confidence tips.
4. Bouncing back from failure.

FUTURE

1. Understanding what motivates me and those in my team.
2. The role of the glass 1/2 empty vs 1/2 full.
3. It's not fake it till I make it.

TRANSFORM

1. What's my current confidence score? What's my goal confidence score? How will I close the gap between the two?
2. Gathering collective experience group activity. What is working & what isn't working?
3. Building a set of convictions around confidence in both our personal & professional lives.