

# Develop self-confidence

## Description

This training will help you define your attitude, your decisions and your actions based on a positive feeling of yourself. It will give you the practical means to maintain your self-esteem during delicate relationship situations and thus increase your daily well-being.

## Course Content

### Define self-esteem

- The sources of self-esteem and self-confidence
- Extrinsic and intrinsic personal value
- Maintaining a positive personal value
- External and internal stimuli
- The consequences of the level of self-esteem
- Self-esteem and the role of our emotions

### Analyze successes and failures

- Accepting yourself and respecting yourself without judging yourself
- Assert your personality and highlight your assets
- Consider successes and failures as feedback
- Overcoming personal blockages
- Free yourself from the influence of your own past

### Develop self-esteem

- The construction of self-image
- The consequences of our esteem
- Self motivation
- Achieving personal and professional goals
- Self-empowerment in the face of one's experiences
- Beliefs harmful to self-esteem
- Managing anxiety and insecurity

### Identify emotions associated with self-esteem

- Arouse energizing emotions
- Manage unpleasant emotions: anxiety, fear, discouragement ...
- Channeling harmful spontaneous thoughts
- Manage anxiety-provoking situations and behaviors
- Confront negative and unrealistic beliefs

### Dare and assert yourself

- Practice active listening
- Be assertive
- Fight the trends of flight

- Make constructive criticism
- Know how to say no
- Apply the DESC method

### **Design a personalized action plan**

- Design goals for cognitive and behavioral progress in self-esteem
- Develop an individual self-esteem action plan

### **Lab / Exercises**

- Tests
- Exercices
- Mises en situation sur cas et élaboration d'un plan d'action individuel

### **Documentation**

- Digital courseware included

### **Participant profiles**

- Anyone who wants to work on their self-esteem potential and find support points to build self-confidence

### **Prerequisites**

- No prerequisites

### **Objectives**

- Evaluate self-esteem and consequences in your relational environment
- Limit the effects of false beliefs and negative feelings
- Work on emotions impacting the level of self-esteem
- Develop assertiveness and assertive communication

### **Niveau**

Fondamental

### **Classroom Registration Price (CHF)**

1300

### **Virtual Classroom Registration Price (CHF)**

1300

### **Duration (in Days)**

2

### **Reference**

ORG-CONF