



SS248: Double your Confidence and Self Esteem

Training Description:

The Double Your Confidence & Self-Esteem training course is designed to help participants develop a strong sense of self-worth, build personal resilience and unlock their full potential. Confidence and self-esteem are critical for personal growth, effective communication, leadership and overall success in both professional and personal life.

This intensive training course combines practical exercises, interactive workshops, self-assessment tools, and case studies to provide participants with actionable techniques to overcome self-doubt, manage fear, and build a positive self-image. Topics include understanding the psychology of confidence, goal setting, communication skills, body language, emotional intelligence and strategies for maintaining long-term self-esteem.

By the end of the training course, participants will be able to recognize and overcome limiting beliefs, communicate with confidence, handle challenging situations with poise and maintain a positive self-perception. The course strengthens personal empowerment, motivation, and resilience while fostering a mindset that encourages growth and success.

Training Objectives:

By the end of the training, participants will be able to:

- ✓ Understand the factors that influence self-esteem and confidence
- ✓ Identify personal limiting beliefs and self-sabotaging behaviors
- ✓ Develop practical strategies to enhance self-confidence
- ✓ Communicate assertively and effectively in personal and professional settings
- ✓ Improve body language and non-verbal communication for impact
- ✓ Handle criticism, rejection, and challenging situations with resilience
- ✓ Set achievable goals and track progress for personal growth
- ✓ Cultivate a positive mindset and self-image
- ✓ Strengthen decision-making and leadership skills
- ✓ Apply confidence-building techniques to daily life and work

Training Designed for:

This training course is intended for professionals, students, leaders, managers, and anyone seeking to enhance their self-confidence and personal effectiveness. It is also suitable for individuals who experience self-doubt, struggle with assertiveness or want to improve their interpersonal and leadership skills. Organizations and teams seeking to boost employee confidence, engagement and performance will benefit from enrolling participants in this course.

Training Requirement:

"Hands on practical sessions, equipment and software will be applied during the course if required and as per the client's request."

Contents can be adapted to your specific wishes. It is therefore possible to focus on specific modules of the training course as per client's learning needs and objectives. Further, it should be forwarded to us a month prior to the course dates.

Training Program:

UNDERSTANDING CONFIDENCE AND SELF-ESTEEM

❖ Foundations of Personal Empowerment

- Definition and importance of confidence and self-esteem
- Psychology of self-worth and personal beliefs
- Identifying personal strengths and weaknesses
- Assessing current confidence levels and areas for growth
- **Workshop:** Self-assessment and confidence mapping
- **Case Study:** Recognizing success patterns in personal and professional life

OVERCOMING LIMITING BELIEFS

❖ Breaking Barriers to Confidence

- Identifying internal and external barriers
- Understanding fear, self-doubt, and procrastination
- Techniques to overcome negative self-talk
- Building resilience and mental toughness
- **Workshop:** Reframing limiting beliefs into empowering statements
- **Case Study:** Overcoming personal and professional obstacles

EFFECTIVE COMMUNICATION AND ASSERTIVENESS

❖ Speaking with Confidence

- Principles of assertive communication
- Enhancing verbal and non-verbal communication
- Improving body language and posture for confidence
- Handling criticism, confrontation, and difficult conversations
- **Workshop:** Role-playing assertive communication
- **Case Study:** Effective communication in challenging workplace scenarios

PERSONAL GROWTH STRATEGIES

❖ Setting Goals and Building Momentum

- Goal-setting techniques for personal and professional growth
- Time management and productivity for confidence
- Visualization and positive reinforcement exercises
- Emotional intelligence and self-awareness for confidence
- **Workshop:** Developing a personal growth action plan
- **Case Study:** Achieving success through structured goal-setting

SUSTAINING CONFIDENCE AND SELF-ESTEEM

❖ Long-Term Success and Resilience

- Maintaining self-confidence under pressure
- Building supportive habits and environments
- Networking and relationship-building with confidence
- Continuous self-improvement and personal accountability
- **Workshop:** Creating a long-term confidence and self-esteem plan
- **Case Study:** Success stories of sustained personal growth

- ❖ Course Conclusion
- ❖ POST-ASSESSMENT and EVALUATION

Training Methodology:

This interactive training course includes the following training methodologies as a percentage of the total tuition hours:

- 30% Lectures, Concepts, Role Play
- 70% Workshops & Work Presentations, Techniques, Based on Case Studies & Practical Exercises, Gamification, Software & General Discussions
- Pre and Post Test

Training Certificate(s):

CMCT Internationally recognized certificate(s) will be issued to each participant who completed the course.

Training Fees:

TBA as per the course location - This rate includes participant's manual, hand-outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Note: The 5% VAT (Value Added Tax), will be effective starting 01st of January 2018 as per the new regulation from the UAE Government. The VAT applies for all quotation both for local and abroad.

Training Timings:

Daily Timings:

07:45 - 08:00	Morning Coffee / Tea
08:00 - 10:00	First Session
10:00 - 10:20	Recess (Coffee/Tea/Snacks)
10:20 - 12:20	Second Session
12:20 - 13:00	Recess (Prayer Break & Lunch)
13:00 - 14:00	Last Session

For training registrations or in-house enquiries, please contact:

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