

You Can Do It!

Building our own and others' confidence – A training workshop

The aims of this workshop are to help you

- Understand what genuine confidence is, what can block it, and what can build it
- Recognise your own strengths and potential
- Become more confident about trying out new things and taking on challenges, in your personal life and in the community
- Develop at least one ambitious goal and a plan for achieving it.

OUTLINE PROGRAMME

9.30-9.45	<i>Arrival and registration</i>
9.45	Introduction to the workshop and to one another Overview: the key steps to building confidence Getting our needs met and recognising our strengths
11.00	<i>Break</i>
11.15	Stepping outside our comfort zones Setting ourselves goals and making them stick
12.30	<i>Lunch</i>
1.15	Learning from experience – turning 'failure' into 'feedback' Standing up for ourselves – positive communication
2.30	<i>Break</i>
2.45	Putting it all together – a map for change Using our imaginations – visualising success
4.00-4.15	<i>Course evaluation and finish</i>

