



## RESILIENT ME FACTSHEET

# Building Confidence

### Overview

**This workshop is designed to inspire staff to be at their happiest and most productive, to help them establish where they currently are psychologically and to build confidence in their ability to move forwards**

The workshop begins by looking at personal accountability and leadership showing how to move from a 'victim' to a 'victor' mentality. Delegates will then be inspired by world leading speakers to understand their current paradigm and know how to shift it to increase motivation and confidence.

This leads nicely into a section on the power of positive thinking and understanding the 'Secret of Luck' enabling them to better manage their outcomes and play to their strengths. No matter how positive we are there are still days that feel stressful so, we finish with a practical look at top tips for turning those days around.

### Content

#### Accountability

Delegates will be introduced to the 'Accountability Ladder' offering a common language of success and enabling them to see where they are sitting between a 'victim' and 'victor' mentality.

#### Objectives

- Understand the definition of personal accountability
- Understand the language of accountability
- Learn how to move up the ladder from 'victim' to 'victor' mentality
- Adopt a positive mindset and encourage personal leadership

#### Behaviours, Paradigms and Secrets!

Delegates will look at the behaviours of world-leading motivational speakers and leading business coaches. They will then look at their own paradigm and identify where and how they can build confidence to perform at their best more of the time. There are one or two secrets to be learned and used to full advantage here!

#### Objectives

- Be open to opportunities around them
- Identify the key behaviours required to consistently perform at their best
- Adopt a positive mindset and encourage personal leadership

#### Positive Mental Attitude and Controlling Outcomes

Delegates will learn how to use the principles of 'positive mental attitude' to increase confidence and productivity. They will look at the 'ERIC' method for controlling outcomes.

#### Objectives

- Increase confidence in their ability to achieve
- Understand triggers and response and learn how to use this to control outcomes
- Use PMA to increase confidence and productivity

#### Playing to your Strengths

Delegates will assess and understand their own strengths and look at how to use these to help them move forwards with confidence in all areas of life.

#### Objectives

- Identify their strengths
- Analyse how well they are playing to their strengths
- Set goals to incorporate strengths into life and work

#### Top Tips to Turnaround a Stressful Day

This little section gives some fabulous tips on how to turn a stressful day around and bring back your mojo when it's wandered off!

### Results

#### Delegates will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership



**resilientme**  
STRENGTH THROUGH UNDERSTANDING