

**BUILD YOUR
CONFIDENCE
AND SELF-
ESTEEM**
COURSE OUTLINE



DYNAMIC TRAINING BY THINK LEARN SUCCEED

Training to inspire positive deviance

Course overview

Is low confidence, imposter syndrome or poor self-esteem holding you back? Have you experienced setbacks that have damaged your belief in yourself? You're not alone. Many people are plagued by self-doubt and confidence issues. But there is some good news: it is possible to change quite quickly, using positive psychology tools. In this course, you'll learn to adjust your self-image, raise your confidence levels and feel more in control of your own destiny. Hear how to shift your mindset by challenging flawed thinking patterns. Boost your optimism and self-belief by focusing on action rather than rumination. Change that negative voice in your head into one that supports you. Learn to feel more confident in a range of contexts — including social situations, at work, in job interviews and when public speaking.

What you'll learn in this course

By the end of this course, you should be able to achieve these results.

- Overcome confidence issues, by refocusing your mind
 - Regulate your emotions, so you feel better about yourself and the world you live in
 - Improve your self-image
 - Use 'learned optimism' techniques to build a confident mindset
 - Boost your self-esteem by focusing on your strengths, instead of what needs to change
 - Challenge the automatic negative thoughts that erode your self-esteem
 - Reduce fear of failure by adopting a growth mindset
 - Overcome imposter syndrome, using self-compassion techniques
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Topics you'll cover

- Using positive psychology to change your self-image
- Understanding the 'self-perception' puzzle
- Increasing your self-esteem
- Boosting your self-efficacy
- Building your confidence
- Overcoming imposter syndrome

Meet your facilitator

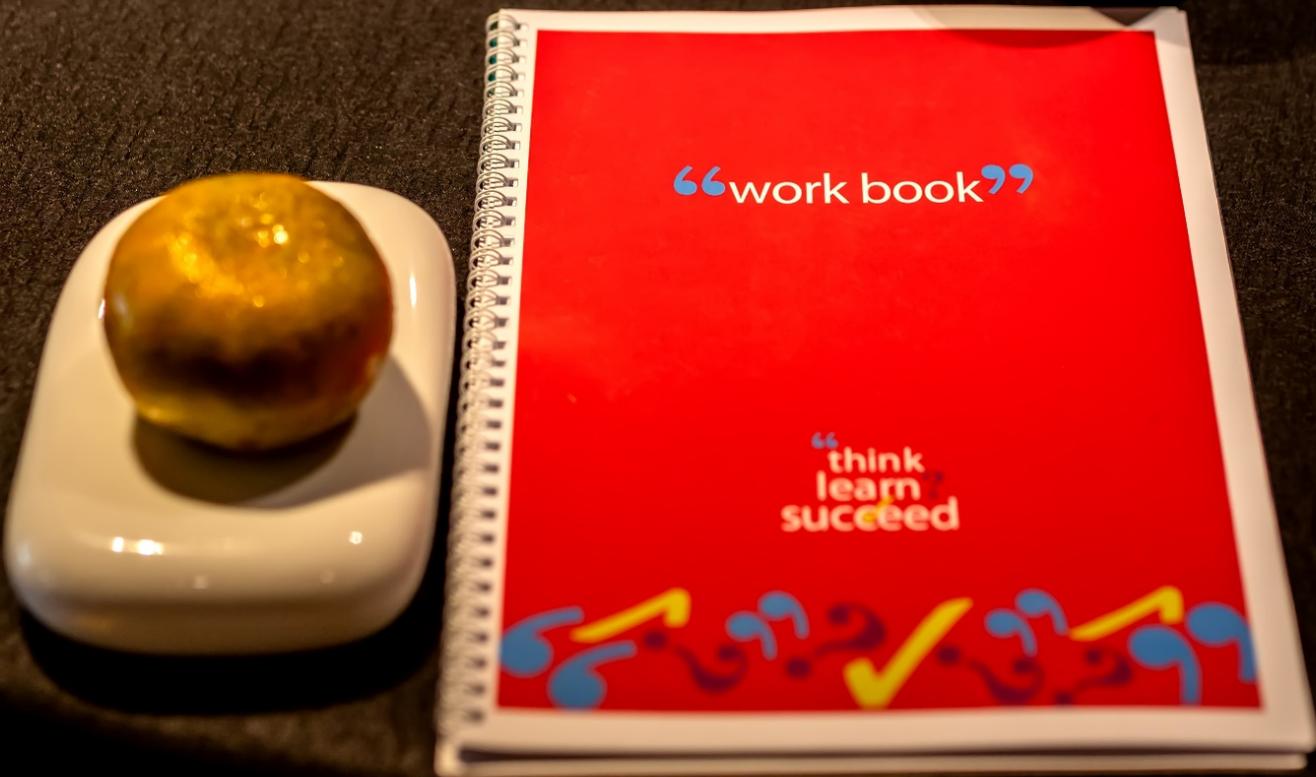
Eleanor Shakiba is a positive psychology trainer and success coach. Her training style is dynamic and bold, with a dash of quirky humour. She believes that interaction, activity and experimentation promote learning. That's why she uses experiential training techniques instead of 'chalk and talk' lectures.

In her early career, Eleanor ran an educational theatre company. In the mid 1990s, Eleanor discovered her passion for facilitation and adult education. She worked for ten years as a trainer and facilitator at the University of Sydney. In 2006, she founded Think Learn Succeed – a business which delivers training courses and coaching. Eleanor loves working with 'positive deviants'. These are people who differ from the norm in constructive ways. Eleanor works with positive deviants to create vibrant business cultures and peak performance.

Eleanor is qualified in Social Anthropology, Adult Education, Counselling and Positive Psychology. She delights in helping professionals learn skills for success in the real world, using interactive learning techniques. Her students describe Eleanor as 'a lively and enthusiastic presenter who can keep you engaged for hours.'

Creativity is Eleanor's signature strength. She loves using it to write books, video scripts and online training programs. Eleanor is the author of *Difficult People Made Easy* and is currently writing her second book, *6 Habits of Savvy Female Negotiators*. She has also created over 120 training programs and a range of online learning courses.





BOOK THIS COURSE FOR YOUR TEAM
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