

Achieving Self Confidence: Racing Towards Industry 4.0

Do you know self-confidence is the fundamental of success in our life?
Do you want to learn how to apply self-confidence with behavioural insights?

Introduction

No matter how skilled we are at our job, at some point all of us bump up against our inner voice that says we're not good enough, not deserving, or just not destined for real success. If you've reached that point, welcome to the club! Here's the good news: you can learn simple techniques to help you break through the barrier you've hit, and build a healthy, confident future that sees you achieve your goals.

Program Objectives

This program aims to:

- Recognise the signs of unhelpful, unreal thoughts that undermine your confidence. As you recognise them, you'll also learn ways to replace them with thoughts and actions that support you in getting what you want.
- Give you the tools to break through to a new level of confidence and achievement.

Learning Outcomes

After completing this program, participants should be able to:

- Make decisions with confidence and follow them through. When obstacles show up, you'll deal with them powerfully.
- Create strong work relationships and experience being an essential member of your team – someone whose opinions matter and is known as a good listener that can provide valuable feedback.

Who should attend?

Non-managerial, first-line management, middle management, senior management and anyone who wants to achieve self confidence

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	<p>What is self-confidence?</p> <p>In this module, participants would learn the meaning of self-confidence, the origins of low self-confidence, and how to put in perspectives to build up self-confidence.</p>
10.30am-11.00am	<p>Break and Networking</p>
11.00am-1.00pm	<p>Improving Self Confidence</p> <p>These modules help to build up self-confidence slowly but gradually. Participants would learn the method from cognitive, behavioural and attitudes perspectives of improving confidence.</p>
1.00pm-2.00pm	<p>Lunch Break and Networking</p>
2.00pm-3.30pm	<p>Building Self Confidence</p> <p>Confidence can be a tough thing to build up. We've put together some handy tips to help you out. If you're still having a hard time even after trying these self-help ideas, don't worry! We've also listed the ways you can find extra support and work on boosting your confidence with the help of others. This module focuses on the methodology to build self-confidence at the workplace.</p>
3.30pm-4.00pm	<p>Break and Networking</p>
4.00pm-5.00pm	<p>Increasing Self Confidence</p> <p>In this module, participants would learn various methods to boost self-confidence. These techniques would help participants to practise wherever they go in the future. This technique includes visualisation, affirmation, dealing with inner critics and the behavioural method. In this module, participants would learn how to apply nonverbal and body language to increase self-confidence in the workplace.</p>

Time	Day Two
9.00am– 10.30am	<p>Boosting Self-Esteem</p> <p>From building personal self-confidence, this module helps participants to boost self-esteem. Self-Esteem is your opinion of yourself and your abilities. It can be high, low or somewhere in-between. While everyone occasionally has doubts about themselves, low self-esteem can leave you feeling insecure and unmotivated. You might be able to identify a few things that are affecting your opinion of yourself (maybe you're being bullied, or you might be feeling lonely), or it could be a mystery.</p>
10.30am-11.00am	<p>Break and Networking</p>
11.00am-1.00pm	<p>The Power of Thought</p> <p>This module helps participants to focus on the thought as the mechanism building up self-confidence. The cognitive behavioural principle would be shared with participants to control their mind when they encountered issues in self-confidence.</p>
1.00pm-2.00pm	<p>Lunch Break and Networking</p>
2.00pm-3.30pm	<p>Create What You Want</p> <p>Participants are trained on how to convert the behaviour into habitual action so they can boost their self-esteem without realising it. The participants would repeat the building up self-confident exercise in this module both mentally but also physically. The participants would try a small step to show a confidence level in the workplace slowly but steadily.</p>
3.30pm-4.00pm	<p>Break and Networking</p>
4.00pm-5.00pm	<p>Preparing the Action Plan</p> <p>In this module, participants would learn how to keep track of their confidence level in any events and scenario. The participants would start to be aware of the incident where they have low self-esteem and how to apply strategies to convert the thought into the action plan.</p>