



Confidence Lab **online**

New strategies to tackle low confidence levels from *self-doubt* to *Imposter Syndrome*

The dread of being 'found out' can stunt the progress of even the most able, bright and inspirational person. It does not have to be like this.

"There are still days when I wake up feeling like a fraud, not sure I should be where I am."

Sheryl Sandberg, COO, Facebook

"The whole problem with the world is that fools and fanatics are always so certain of themselves and wiser people so full of doubts"

Bertrand Russell, Philosopher

voicebusiness has developed an entirely new approach to tackling issues of confidence to transform workplace performance and outcomes, because of our awareness of these damaging and self-limiting pressures and tensions. We include techniques drawing on Transactional Analysis and Neuro Linguistic Programming.

This course has 2 trainers and works at its optimum with 10 participants.

Working on Zoom (or Teams) our online course comprises two sections of 90 minutes and one section of 30 minutes, with suitable breaks.

Cost: £1,630 + vat

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We will help you:

- Examine how values, beliefs, emotions and behaviour are created and how you can change them
- Understand how you think, move, breathe and speak is affected by changes in your physiology and psychology
- Discover how the language we use affects others *and* ourselves and can help or hinder our progress in life
- Reframe unhelpful thought processes, transforming self-doubt into positive self-talk
- Seek out and affirm your personal qualities and achievements
- Develop your own ways to foster resilience

We will shine a light on:

- How our self-limiting beliefs grow and what we can do about them
- How to gain confidence physically and vocally

You will take away:

- Confidence that you are now equipped with practical techniques and strategies to use immediately in a range of different situations, enabling you to move from self-doubt towards self-belief; plus the means to build your own **Confidence Kit** to take you forward.

We don't teach you your business – we teach you ours