



Self-Confidence and Motivation

Introduction:

Welcome to the Self-Confidence and Motivation short course. This course is designed to equip you with the tools and techniques to develop and maintain a healthy level of self-confidence and motivation in both your personal and professional life. Self-confidence and motivation are critical components of success and fulfillment, and this course aims to empower you to reach your full potential.

Throughout this course, you will explore various topics related to self-confidence and motivation, including understanding the psychology behind these concepts, identifying and overcoming self-limiting beliefs, developing effective goal-setting strategies, and building resilience in the face of challenges. You will also have the opportunity to engage in practical exercises and activities designed to help you apply these concepts in your everyday life.

MARBLE ARCHES Training & Events

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(Company No : 202203261259 (NS0275491-D))

This course is suitable for individuals from all backgrounds and professions who are seeking to improve their self-confidence and motivation levels. Whether you are a student, a working professional, an entrepreneur, or simply looking to improve your personal growth, this course will provide you with the necessary skills and knowledge to thrive in your pursuits.

Our experienced instructors have a wealth of knowledge and expertise in the fields of psychology and personal development, and they are committed to providing you with a supportive and engaging learning experience. By the end of this course, you will have gained a deeper understanding of yourself and your abilities, and you will be equipped with the tools to overcome obstacles and achieve your goals.

Training Period: 2 - Days

Targeted Groups:

This course was designed to fit everyone including:

- ✓ Students who want to improve their academic performance and personal growth
- ✓ Working professionals who want to enhance their career success and job satisfaction
- ✓ Entrepreneurs who want to improve their business skills and mindset
- ✓ Individuals who want to boost their self-esteem and overcome self-limiting beliefs
- ✓ People who are facing challenges in their personal or professional life and want to build resilience and cope with stress more effectively.

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Course Objectives:

This course was designed to let the participants able to:

- ✓ Develop self-confidence and faith in one's abilities.
- ✓ Learn to set reasonable expectations and goals.
- ✓ Communicate with confidence and dealing with criticism in a constructive manner.
- ✓ Understand and recognize the signs and stages of burnout at work.
- ✓ Understand motivation and learning how to remain motivated at work.

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Course Content:

Unit 1: Self Confidence

- Self-confidence: What Is It?
- Why We Need to Have Self-confidence
- Types of Self-confidence
- Discussion: Which one should come first: self-esteem or self-confidence?

Unit 2: Self-Confidence Mindset

- Be More Confident
- A Confident Mindset
- Know Your Talent
- Dare to be The Real You
- Game: The Blind Drawing

Unit 3: Criticism

- The True Meaning of Criticism
- Self-criticism
- Constructive Criticism
- Destructive Criticism



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Unit 4: Do and Don'ts

- Constructing a Criticism
- The Dos
- The Don'ts
- Receiving Criticism: The Best Way

Unit 5: Burnout

- Burnout: How It Happens?
- What The Research Says About Burnout
- Types of Burnout
- Early Signs of Burnout

Unit 6: Motivation

- 10 Ways to Motivate Employees (for Managers)
- What Motivates You
- External & Internal Motivators
- It's a Wrap: The Balloon Questions

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