

Building Self-Confidence Training

Course Duration: 08 Hours

Course Code: BSCT

1. Course Overview

Building Self-Confidence Training is designed to help individuals develop a positive self-image, overcome self-doubt, and enhance their personal and professional presence. This course focuses on practical techniques, mindset shifts, and communication strategies to build lasting confidence in everyday situations and workplace environments.

2. What You'll Learn

- Understanding self-confidence and its importance
- Identifying and overcoming self-doubt and fear
- Techniques to improve self-esteem and self-worth
- Effective verbal and non-verbal communication skills
- Body language and personal presence development
- Goal setting and positive thinking strategies
- Handling criticism and rejection confidently
- Building assertiveness in personal and professional life

3. Target Audience

- Students and fresh graduates
- Working professionals
- Team leaders and managers
- Job seekers preparing for interviews
- Individuals looking to improve personal confidence

4. Pre-Requisites

- No prior experience required
- Basic understanding of communication
- Willingness to learn and participate in activities

5. Course Content

Module 1: Introduction to Self-Confidence

- Meaning and importance
- Types of confidence

Module 2: Self-Awareness & Mindset

- Identifying limiting beliefs
- Building a growth mindset

Module 3: Communication Skills

- Verbal and non-verbal communication
- Active listening

Module 4: Body Language & Presentation

- Posture, gestures, and eye contact
- Personal grooming tips

Module 5: Overcoming Fear & Anxiety

- Public speaking fear
- Confidence-building exercises

Module 6: Assertiveness Training

- Saying “No” effectively
- Expressing opinions confidently

Module 7: Goal Setting & Personal Development

- SMART goals
- Daily confidence-building habits

Module 8: Real-Life Practice & Activities

- Role plays
- Group discussions
- Confidence-building exercises

