@ASK Training
Attitude | Skills | Knowledge

Unlock Your Self-Confidence

Course Code:
ASKUSC

Course Duration:
1 day, 9.00am - 5.00pm

Course Fee:
$600 ($648 Inc. 8% GST) per participant

Course Venue:
Hotel

Course Dates:
https://asktraining.com.sg/course-calendar/

Course Synopsis

If you observe closely, you'll see that confident people seem to possess a 'special quality'. They are the ones who can stay cool during high-pressure situations.

They communicate with strength without any signs of nervousness. And most of all, they possess a 'make it happen' attitude that turbo-charges them to go forth and accomplish the tasks that others think are "impossible".

Question is:
Is confidence a characteristic reserved only for some selected people?

The good news is no. With the correct mental tweaks, strategies and tools to activate confidence in yourself, you can also be a highly-confident person in your personal & professional life who eliminates all doubts and self-assuredly achieve the goals you set out to get.

This course gives you the science-backed strategies and 'confidence-unlocking formulas' to achieve that desired outcome.

Course Objectives

By the end of the course, you would be able to:

- Understand the different mindsets between people who hit a wall when faced with difficulties and 'make it happen' power players who remain confident in the face of adversity
- Apply instant tools to dissolve anxiety and doubts in personal and work-related
- areas to go forth and get what you want
- Eliminate shyness and nervousness when communicating with others and be able to carry out confident dialogues with anyone (be it socially or professionally)
- Discover the specific strategies to maintain a high level of confidence during nerve-wrecking situations (such as — giving a presentation / going up to speak to a stranger / being asked a question you don't know the answer to)

Course Outline

- Instantly-applicable strategies to shatter mental blocks and become a full-fledged confident person in your daily and professional life
- Techniques (both modern day techniques and ancient principles practiced by history's greatest characters) to gain confidence, smash through struggles and conquer adversity
- Individual strategies for maintaining confidence during the most fear-inducing situations (such as — giving a presentation / going up to speak to a stranger / being asked a question you don't know the answer to)
- The biggest reason why most people develop self-doubts when going after what they want… causing them to give up (and what to do to conquer these self-doubts)
- Power communication secrets to talk to anyone without feeling nervous (even if the other person seems intimidating)
- Why trying to recite to yourself "I'm calm, I'm calm" during nervous situations can actually make things worse (and what to do instead to turn nervousness into confidence)
- Best-kept secrets to "boost your mood" into accomplishing what you set out to get... and achieve overall greatness in the most important areas of your life
- Real-life examples of leaders and power players who maintained 100% confidence even during highly 'impossible' situations