



## STEPS TO SUCCESS

# 2

## Confidence for High Performance

Professional Development Mini-Masterclass



### Get in touch

Email  
[contact@wbdirectors.co.uk](mailto:contact@wbdirectors.co.uk)

Call us  
0203 925 4080

Website  
[www.wbdirectors.co.uk](http://www.wbdirectors.co.uk)

If you are ever lucky enough to be given specialised one to one coaching, then you may be like the vast majority who want to work on building confidence because it makes such a difference to your work performance.

The **Confidence for High Performance** module is critical for anyone who wants to learn about personal confidence and the impact it has on self-esteem, decision-making, relationships, and career prospects.

It can be a major contributor to the impact you have in the work place and how you are perceived by others.

This fast paced 90 minute online module introduces the latest evidence-based global research on what confidence is, why it matters and how to build it sustainably over time.

Participants learn from one another using frequent breakouts to answer questions, share experiences, and introduce a tool box of simple to use but highly impactful skills.

### Who should attend this module?

Anyone who wants to build and project greater presence and gravitas in teams / organisations and maximise their positive self image.

### Module outputs

1. Overview on the research that sustains confidence
2. A set of mechanisms to maximise learning, manage failure and grow self esteem
3. Range of highly impactful evidence-led skills that can be immediately applied in the workplace

### What people say about this interactive module?

“ Heaps of useful info, came out very motivated and focused. The module is very engaging. Enjoyable experience.”

“ Solid foundations for establishing successful career habits and skills.”