



# 1 Day to *Outstanding Self Confidence*

New & Improved from the Confidence Strategist  
**KiE Leadership Training & Development**

## **1. Getting Started**

- Icebreaker
- Ground rules
- Workshop objectives

## **2. Getting it into perspective?**

- What is Self Esteem?
- What is Self-Confidence?
- Where are you now? Where do you want to be?

## **3. The effects –the Solution**

- What has the impact of negative self image cost us?
- The solutions –your own confidence blueprint

## **4. Goal Setting**

- Setting goals that drive, inspire and motivate you daily,
- Making your life a Masterpiece!

## **5. Dealing with Emotions**

- How to manage your emotions and catapult your success

## **6. Strategies for outstanding self confidence**

- 20 top Strategies to transform your level of self confidence and self esteem

## **7. Wrapping Up**

- Guided visualisation
- Lessons Learned
- Completion of blueprints and evaluations

*Free handouts, resources, recommendations, book giveaway on the day and opportunity to join a confidence support group.*

*To keep the cost down simple refreshments will be provided but you will need to make your own arrangements for lunch.*

Various workshops in London on Saturdays or Sundays [close to public transport]

Workshops are very affordable and special consideration are given to the unwaged or teens

Email [kiechelle@kiechelle.com](mailto:kiechelle@kiechelle.com) regarding investment for the day and a list of dates and venues

[www.kiechelle.com](http://www.kiechelle.com)