

Self-confidence & Assertiveness at Work

Increase your self-confidence to enable you to act and react calmly on a daily basis

MODALITY
100% online
training action

Goals

- Be confident in all situations
- Get to know yourself and boost your self-esteem
- Get familiar with tools to achieve greater composure and become your own coach
- Build self-confidence and assertiveness when dealing with others

Highlights

- A simple and playful method to accompany your personal development and build your confidence on a daily basis
- A selection of tools to (re)discover your motivational drive and confidence, and enable you to make lasting improvements
- The mastery of a comprehensive and interdisciplinary range of skills to help you build your confidence
- Personal growth that is reflected in your professional life, but also outside of work!

 Estimated time: 12h

 Sessions: contact-us at +33 1 85 08 92 75

Programme

PART 1

How does self-confidence work?

- What is self-confidence?
- The pillars of self-confidence
- The role of fear and stress in the lack of self-confidence
- Self-confidence is a mindset to adopt

Activities

- The many facets of self-confidence
- How does self-confidence manifest itself in your daily life?
- The 3 pillars of self-confidence

PART 2

Build on your strengths to boost your self-confidence

- Identify the values that characterize you
- How can you define what makes you unique?
- Calmly get out your comfort zone
- Free yourself from limiting, restrictive thoughts!

Activities

- Take a step back and identify the values that characterize you
- Celebrate your past successes!
- Identify and overcome your self-criticisms, and create a course of action

PART 3

Accepting and benefitting how others perceive you

- Your role in relation to others: Karpman's Triangle
- A closer look at psychological games
- Having the courage to say 'no';
- Discovering how to use non-verbal communication
- Discovering how to assert yourself without being aggressive

Activities

- How do you see yourself?
- Place yourself on Karpman's Triangle
- Taking a step back from feelings of impostor syndrome
- A speaking exercise

PART 4

Maintaining your self-confidence over time

- Learn to create your own mental space
- Learn to let go and see yourself with kindness
- Understand the benefits of failure
- Learn to see all situations in a positive light
- Discover how to become your own coach

Activities

- Understand the benefits of failure
- Switch to self-coaching
- Share your goals with others, and boost your motivation

Audience

Everyone is involved :-)

Prerequisites

No prerequisites are required to follow this training course, it is accessible to all!

Modalités d'évaluation : un questionnaire est proposé à la fin de chaque module, ainsi qu'un examen final à l'issue de la formation.

Last updated in August 2025.