

Confidently Taking Your Place

Purpose:

To increase confidence of individuals who are stepping into senior roles to maximise potential & effectiveness through their careers and roles.

Objectives:

- Increase awareness of strengths & development areas
- Raise knowledge of the topic of 'mindset' & its impact on performance, well-being & confidence
- Identify strategies to manage mindset & approach to new & challenging situations
- Create a winning formula for increasing self-belief, resilience & confidence
- Building strategies to 'give things a go' and being open minded

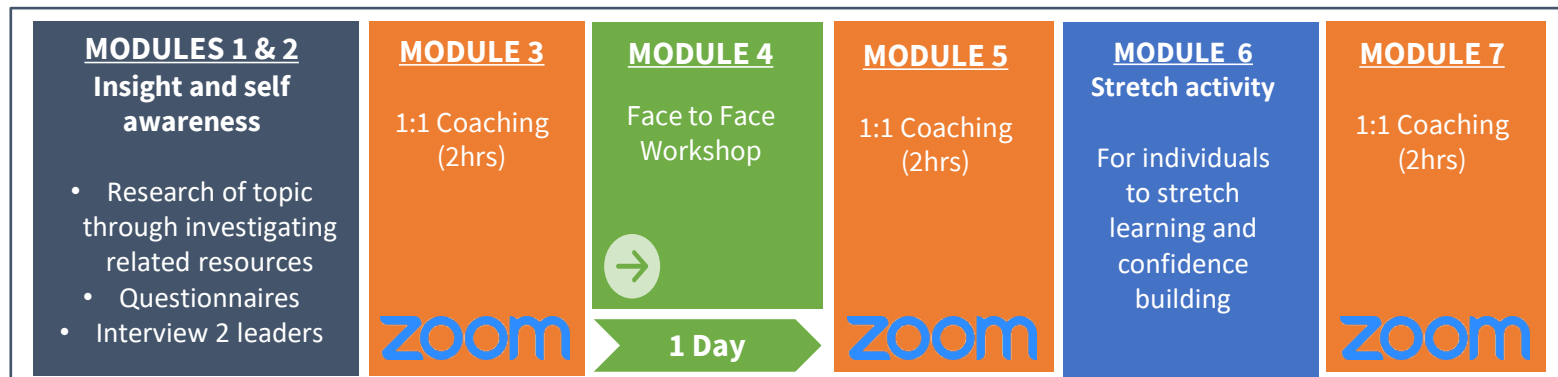
Approach:

- ✓ Input on tools, approaches & practical strategies
- ✓ Facilitated and group discussions to share ideas and solutions within the group
- ✓ 1:1 coaching and carrying out of personally tailored stretch activities

Programme Structure:

We will work together over **5 months** and through a range of activities on this programme which is very much tailored to those taking part.

** This programme currently includes a 1 day Face to Face workshop and could be converted to running fully virtually if the need arose.*



Maximum 8 people per session