

Personal Development

# Confidence Building

## Course Details

### Price

£215.00

### Length

Half day (09:30-12:30)

## Course Overview

This session will help participants explore what confidence means to them and why it's essential for personal and professional growth. Through theory, reflection and practical exercises, participants will develop strategies to manage stress, communicate confidently and take actionable steps to build self-assurance.

## Course Content

- Define confidence and explore its role in workplace success and personal development
- Examine the challenges to building confidence, including understanding the impact of stress and the fight-or-flight response
- Discuss strategies to manage stress and develop a calm, confident mindset
- Explore assertive communication techniques to express ideas clearly and respectfully
- Reflect on current strengths and develop a personalised action plan to build and sustain confidence

## Benefits

This session will help participants handle workplace challenges with confidence and professionalism. They will learn practical strategies to manage stress, communicate assertively and approach situations calmly and positively. By reflecting on strengths and creating a personalised action plan, participants will leave feeling empowered to make tangible progress in building and sustaining confidence.

## Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 244570.

If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Martine Ellis

Martine Ellis is an experienced coach and educator who helps exhausted professionals thrive without sacrificing their mental health and wellbeing. A Chartered Teacher with Advanced Teacher Status, she is widely recognised for her thought leadership in wellbeing-driven productivity. Alongside her coaching and training, Martine shares her expertise through podcasts, writing, and her popular hand-drawn doodles, offering practical strategies that connect high performance with sustainable wellbeing for audiences across the UK and beyond.