

Human Resources, Personal Development, Wellbeing

Rewriting the Inner Script: Understanding Bias, Belief, and Self- Narrative

Course Details

Price

£215.00

Length

Half day (09:00-12:30)

Course Overview

This one-day workshop is designed to increase self-awareness by exploring the impact of conscious and unconscious bias, self-limiting beliefs and internal narratives.

Through guided reflection and practical tools, delegates will challenge unhelpful beliefs and identify patterns that shape their thinking and behaviour, beginning to rewrite inner scripts that are holding them back - fostering greater personal growth, empathy, and intentional action.

Course Content

The course will cover the following topics:

Flexible learning that works for you

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- Foundations of Bias & Belief
- Understanding Unconscious Bias
- Identifying Your Inner Narratives
- Self-Limiting Beliefs & Emotional Triggers
- Rewriting the Script
- Compassionate Accountability & Bias Disruption
- Integration & Application

Benefits

By the end of the course, delegates will:

- Understand the psychology behind conscious and unconscious bias
- Recognise your own internal narratives and self-limiting beliefs
- Develop tools to identify and challenge biases and internal scripts
- Learn strategies to cultivate more empowering belief systems
- Improve your capacity for empathy, inclusion, and personal resilience

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 or call us on 01481 224570.

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

Korinne Le Page

Korinne has more than 27 years' experience in Training, Leadership Development, Coaching and Counselling. She has also worked for major multi-national Companies, delivered Management and Communication programmes abroad and online across a variety of Market Sectors. Korinne started her career in Finance, then as an Operational Manager in Customer Service, managing teams in challenging environments and she became an Entrepreneur in 2000. Therefore, Korinne has first-hand experience of the issues that can arise from all angles, as well as appreciating the importance of providing inspirational leadership and seamless customer service.