

CONFIDENCE AND SELF-ESTEEM

Durée :	3 jours
Lieu :	en vos locaux
Calendrier :	à définir
Public :	Personnel d'encadrement, administratif, techniciens, doctorants, chercheurs
Formateur :	Marine Pansu, Laurence Moss

Course objectives:

- Developing self-confidence in everyday life and at work
- Valuing self-confidence
- Increasing self-esteem
- Expressing your qualities at work
- Fostering trust among employees

Detailed program:

- **1 - Appropriate the mechanisms of self-esteem**
 - Define Self Esteem and Self Confidence
 - Take stock for yourself
 - Understand the barriers to self-esteem.
 - Cultivate your own process of personal evolution
- **2 - Strengthen our personal self-esteem**
 - Getting involved in the relationship to oneself
 - Develop a fair position in relation to others
 - Strengthen your sense of internal security
 - Increase personal awareness
 - Discover your essential identity
- **3 - Value oneself to develop one's confidence**
 - Recognize its importance and uniqueness
 - Stay in tune with your core motivations and values
 - Act by achieving goals and life Project

- **4 – Building trust**

- Developing self-esteem in professional relationships
- Building employee self-esteem

- **5 – Continue personal work**

- Developing self-esteem in social and professional relationships
- Keep the work going over-time

Skills acquired as a result of the training:

Self-esteem, the source of self-confidence, is a process that is nourished and cultivated throughout life. A better self-esteem provides more benevolence, lucidity, self-awareness. It is an invitation to accept oneself, then to surpass oneself.

This training provides the means to gain in daily confidence; this assurance is a guarantee of professional efficiency and success. It is at the heart of the performance of individuals, teams and companies.

Teaching method:

- An original interactive pedagogy of gentle accompaniment, with respect for others. This pedagogy allows a work on oneself, on the image of oneself, on identity, source of valorization, comfort and assurance
- Transactional Analysis Elements
- Interpersonal Exchanges
- Many practical exercises, measure the importance of the role of trust in relation to others

Prerequisites:

Good command of the language of use