

# Online Self-Confidence Course

You tend to hear in the business world that people have a clear plan, a good idea of the direction they are heading and have surrounded themselves with the right people. However, most still struggle to achieve the success they are seeking. One of the key blockages tends to be their low level of 'self-confidence'. Outwardly, it may not be visible that a person is lacking in confidence, but it can surface in people stating for example, that they don't seem to have many new opportunities or they tend to blame others for all their issues. This can result in behaviors which are actually self-sabotaging.

Even if you perceive you are quiet confident this course can help you lift your confidence to another level.

## Key Learnings

- > Learn how to build your self-confidence
- > Understand how to overcome self-sabotage
- > Define and clarify your life purpose
- > Learn how to create a positive self-picture
- > How to address change issues upfront
- > Understand how to overcome negative self-talk

## Benefits

- > Fast-track your learning of Consulting Facilitation related tools/processes
- > Instantly implement your new learning on yourself or your own business
- > Work through the course at a time that best suits you
- > Higher retained learning of new tools/techniques
- > Understand how to sequence tools to achieve specific outcomes in your business
- > You will acquire new skills and gain confidence in your abilities and as a direct result, your business will improve

## Features

- > Online, secure access, 24/7
- > High quality, instructional videos for every stage of each course
- > Interactive area for instant implementation of new learning
- > 80 question multiple choice exam to confirm your knowledge
- > Instantly returns to where you last saved your course so you can complete the course over a period of time
- > Ability to receive coaching support & guidance from a Mindshop Accredited Facilitator (additional investment – see pricing below)

Typical time to complete: 12-16 hours  
Contact your Mindshop Advisor to register

Pricing incl GST*	Course Type	Details
\$ 425.00	Self-Paced	Work through at your own pace
\$ 655.00	Self-Paced with One-to-One facilitation	24/7 support by Angela Murphy, an experienced Accredited Mindshop Facilitator
\$1895.00	Internally Run	Hire Angela Murphy to run the course internally at your office for up to 12 staff

\* per course