



BUILDING

Expand confidence, develop communication skills, and navigate life more courageously.

A WORKSHOP THAT COVERS HOW TO CONFIDENTLY USE YOUR CHOICES TO BUILD A BETTER YOU, ONE LEARNING EXPERIENCE AT A TIME.

IF YOU HAVE EVER WANTED TO HAVE MORE CONFIDENCE, HAVE BETTER CONVERSATIONS OR SIMPLY HAVE MORE COURAGE TO FACE THE CHALLENGES OF EVERY DAY, THEN THIS WORKSHOP IS FOR YOU.

Given all the pressures of school, students can get almost too narrowly focused on exam success. This workshop offers an opportunity to develop other essential skills which, if acquired when young, will make success in exams AND success in everything else a whole lot easier.

With thought provoking exercises, challenging games, and plenty of teamwork, learners are given a day that opens their eyes and switches on their thinking in areas previously not explored as affecting success. And if learners believe they already have all they need to succeed, learning to tell their story with The 0000 Factor™ will likely rock their world for good.

THE COURSE WILL COVER:

- How to use posture and past experiences to promote confidence today
- How to use insightful questions to overcome disruption and disappointment
- How to introduce yourself and be assertive about who you are and what you do

LEARNING OUTCOMES:

By the end of the course, learners will be able to:

- Demonstrate confidence and courage in almost every situation
- Move through challenge and change effectively
- Tell their story with The 0000 Factor™

