Personal Development

Confidence Building

Course Details

Price

£235.00

Start date

30 September 2026

Length

Half day (09:30-12:30)

CPD Points

3.00

Course Overview

This half-day course will help delegates explore what confidence means in real, everyday workplace situations and why it matters for personal and professional growth.

Drawing on practical tools, reflection, and coaching-style activities, delegates will develop strategies to manage stress, communicate with clarity, and take confident, purposeful action.

The focus is on realistic, sustainable approaches that support calm, steady performance, even under pressure.

Content

The course will cover the following topics:

- **Understanding confidence** - explore what confidence looks like in practice and how it supports effective performance and development
- **Challenges to confidence** - examining common barriers including the impact of stress and the fight-or-flight response

- **Stress-management strategies** - practical techniques to stay calm, grounded, and in control during demanding moments
- **Assertive communication** - tools to express ideas clearly, respectfully and with confidence
- **Strengths and action planning** - reflecting on current strengths and developing a personalised, realistic plan to build and sustain confidence

Benefits

Delegates will explore how to handle workplace challenges with confidence, clarity, and professionalism, learning practical strategies to manage stress, communicate assertively, and approach difficult situations with a calm, constructive mindset.

By identifying strengths and creating a personalised action plan, delegates will leave feeling empowered to make meaningful, sustained progress in building their 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** 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

Mike Elward

Mike Elward BA (Hons) MscEcon PGCE, brings over 20 years of experience in education and management, with a decade in senior leadership roles at the highest level. He has a proven track record of empowering individuals and teams to achieve their full potential. Prior to his career in education, Mike served as an officer in the Royal Navy, where he developed strong leadership skills in demanding environments. He holds an undergraduate degree and a master's in History, Politics, and International Relations, along with a Postgraduate Certificate in Education (PGCE). As an expert in coaching and change management, Mike is passionate about guiding

organisations through transformative processes. His commitment to success drives him to help individuals unlock their potential and reach their goals.