

Communication & Confidence Workshop



Bridge of
HOPE

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Bridge of Hope
A department of
Ashton Community Trust

www.thebridgeofhope.org



The workshop aims to provide tools and techniques to help improve confidence and communication skills

Confidence is an important aspect of life so whether you're working on your own self-esteem or building the confidence of people around you, this workshop will help you focus on what is important for your own journey of personal development.

In this work shop you will learn to:

- Identify negative beliefs
- Increase/improve confidence
- Improve self esteem
- Feel in control of your own life
- Communicate better
- Get your message across more effectively
- Understand what motivates you
- Work on what you want in all areas of your life
- Learn from past experiences

This is a 1 day course.