BUSINESS MASTERCLASS - DEVELOPING CONFIDENCE & RESILLIENCE

Other · Tregye

PART-TIME INFORMATION

Who is the course for:

Many people report feelings of “imposter syndrome” in certain situations and reflect on a lack of confidence limiting their ability to fulfil their full potential. Thankfully research suggests that due to the neuroplasticity of our brains, confidence can be developed by all of us at any age. This masterclass is for anyone who would like to develop greater confidence and resilience.

Benefits of Attending:

- By attending this masterclass, you will:
- Learn to harness the energy debt created by under confidence.
- Reframe how you judge your confidence.
- Apply tools and techniques to continuously develop your confidence & resilience.
- Retake control of your own confidence.

What is involved:
An interactive masterclass with a variety of activities and opportunities for discussion and sharing ideas.
What next: Truro and Penwith College offer a range of business skills courses as well as qualifications on to which to progress. Other workshops & masterclasses include, Psychological Safety in the Workplace, Assertiveness & Challenging Conversations and Delivering Briefings & Presentations. We also offer a range of accredited ILM Leadership & Management courses.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.