

Elementary

Advanced

Postdocs

## Confidence - Drive - Success

### A Researcher's Guide to Gaining and Maintaining Quiet Confidence

Trainer



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Rob Thompson is an expert in the field of self-confidence and has 15 years' experience helping researchers improve their self esteem.

#### Objective

Self-awareness, confidence and assertiveness, when appropriate, are qualities essential for success in almost every area of life. They determine what you attempt, the strategies you adopt and how others respond. Most importantly, they determine the outcomes of your actions. These attitudes can mean the difference between success and failure.

Participants will learn how to effectively build self-confidence beyond the often fleeting confidence that comes with a success milestone. Confidence built gradually but firmly that can withstand difficult times and situations. Confidence that will last.

#### Description

This online workshop covers effective ways to raise and maintain an accurate self-image, to increase confidence, to be positively assertive in a way that does not alienate others and so allow you to achieve their full potential.

This workshop includes:

1. Self-awareness and how it is maintained
2. The problems of changing low self-confidence
3. Building and maintaining appropriate confidence
4. Assertiveness without confrontation
5. Dealing with difficult people

#### Methodology

The online workshop draws on the personal experience of all participants as well as that of the trainer, thereby ensuring that the training is specific for and relevant to the participants' individual needs.

The workshop will be a structured discussion forum to facilitate ideas and develop strategies. The workshop will be informal, fun and tailored to the exact needs of the participants.

#### Organizational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Monday, 19 October 2020, 9:00 – 17:00
Registration	<a href="#">For registration click here</a>