

Confidence & Personal Development

Building Self Belief, Confidence & a Stronger Sense of Self

Programme Goals

This four week coaching programme helps participants understand what influences their confidence, recognise their strengths and develop greater self belief. Through conversation, reflection and practical tools, participants learn to quiet self doubt, build self awareness and take meaningful steps towards showing up more confidently in everyday life.

- Understand what shapes confidence and self belief
- Recognise and challenge self doubt and unhelpful thought patterns
- Identify personal strengths, values and achievements
- Build self trust and communicate with greater confidence
- Create a realistic personal confidence action plan

What's Included

- Four weekly 90 minute sessions, delivered in person
- Relaxed, supportive and interactive sessions
- Group discussion, reflection, practical activities and take home tools

Your Weekly Journey

Week 1:	Understanding Confidence & Self Belief Exploring what confidence means and recognising personal confidence triggers and barriers.
Week 2:	Quieting Self Doubt & Changing the Inner Dialogue Recognising unhelpful thought patterns and creating a more supportive inner voice.
Week 3:	Knowing Your Worth & Owning Your Strengths Recognising strengths, values and achievements while building greater self trust.
Week 4:	Showing Up With Confidence Turning greater self awareness and self belief into practical, confident action.

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Week 1: Understanding Confidence & Self Belief

FOCUS | Build awareness of what influences confidence and identify what may be holding us back.

- What confidence really means
- The difference between confidence, self esteem and self belief
- Experiences, thoughts and situations that can affect confidence
- Comparison, perfectionism and the fear of getting it wrong
- Recognising what is within our control

Takeaway: A Confidence Check In to identify where confidence is strong and where support is needed.

Week 2: Quieting Self Doubt & Changing the Inner Dialogue

FOCUS | Help participants recognise unhelpful thought patterns and develop a more supportive inner voice.

- How thoughts influence feelings and behaviour
- Recognising negative self talk and limiting beliefs
- Challenging the “I am not good enough” narrative
- Moving away from comparison and unrealistic expectations
- Practical techniques for managing self doubt in the moment

Takeaway: A Self Doubt Reset for recognising, questioning and reframing unhelpful thoughts.

Week 3: Knowing Your Worth & Owning Your Strengths

FOCUS | Help participants recognise their strengths, values and achievements and develop greater self trust.

- Identifying personal strengths and qualities
- Recognising achievements, including those often overlooked
- Understanding personal values and what matters most
- Letting go of the need for external validation
- Understanding healthy boundaries and saying no without guilt

Takeaway: A Personal Strengths & Values Map to recognise what participants bring and what matters to them.

Week 4: Showing Up With Confidence

FOCUS | Turn greater self awareness and self belief into practical, confident action.

- Identifying where participants would like to feel more confident
- Taking small steps outside the comfort zone
- Communicating with greater confidence
- Showing up authentically
- Creating a personal confidence action plan

Takeaway: A Confidence Action Plan with simple, realistic steps to continue beyond the programme.

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