

## 'The Confidence Factor' - FETAC Level 3

### Personal & Interpersonal Skills

#### Overview

The course is a personal empowerment course, which is suitable for individuals who want to make positive changes in their lives. The workshop provides a forum for personal awareness and greater self knowledge, which should link into self esteem and confidence outcomes, leading to personal well being. The course is not limited to any specific group but is ideally suited to those who have identified specific desire to develop their own self awareness and interpersonal Skills.

#### Benefits

- Become more Self Aware with greater self Knowledge
- Understanding Confidence and its impact on our lives
- Develop Communication and Assertiveness Skills
- Improve Decision Making and Negotiation Capabilities

#### Course Content:

##### *Personal Understanding and Self Esteem*

- Understanding Confidence and what it is
- Develop a detailed understanding of personal identity and the factors that impact this
- In-depth look at personal rights and responsibilities, aspirations and fears
- Looking at Problem solving and Stress Management Techniques - Making small changes in our lives in order to create a big impact in day to day living as well as developing a positive mental attitude and positive habits

##### *Communication and Assertiveness Skills*

- Developing personal Assertiveness - Improving confidence and self-esteem
- Deeper understanding of the impact of positive communications, listening and Interpersonal Skills on daily life
- Gain a detailed understanding of the various forms of Communication and impact of behavioural skills on Life's Decisions - Passive, Aggressive and Assertive Behaviour
- Understand the general dynamics of communication and what influences this on a daily basis.
- Understand how to deal with conflict and negotiation on a daily basis

#### Accreditation

Upon successful completion of all course work and assignments participants will receive a Personal and Interpersonal Skills FETAC Level 3 Certificate

To book a place on this course, call our booking line on +353 (046) 9249618 or

e-mail [info@midasgroup.ie](mailto:info@midasgroup.ie) or book online