# Keys to Confidence
## Course Outline

**Description:**
The most important thing to know about confidence is that it is a skill that can be learned.

Now that you know that you can come along and in a comfortable, friendly and fun atmosphere learn together.

**Content**
- How to discover a sense of personal worth, identity and self-confidence
- What your core values really are and how they relate to confidence
- About assertive rights and assertive communicating styles
- Verbal and non-verbal communication skills
- How to give and receive criticism
- How to give and receive compliments
- How to look and sound confident – until you are!

**Some comments from those who’ve attended…**

- *Entertaining, knowledgeable, excellent communicator. Gave life experience examples which made a great difference.*

- *Absolutely loved the course. Found it much better than learning from a book! Will definitely recommend to friends. Fantastic!!*

- *Informative, funny and a great lecturer. She was very approachable. I’m sad to see the course coming to an end.*

- *Thank you, thank you, thank you!!!*