

DEVELOPING SELF CONFIDENCE

The ability to influence and convince others is something most of us could do better. Having self confidence is about exuding that X-factor in order to maximise the result you want. This course enables you to identify the factors which contribute to self confidence and how to hone these factors in order for you to increase your self confidence.

Our Objectives

We aim to

- facilitate identification of factors which contribute to self confidence
- enhance understanding of how these factors work
- promote the development of self confidence through improving these factors

Your Profile

This course is suitable for Secondary school students and above who wish to further maximise their self confidence.

Your Results

At the end of this course, you should be able to:

- Identify the factors contributing to self confidence
- Understand how these factors work
- Apply these factors to your personal lives

Our Methods

There will be plenty of hands-on activities such as class discussions and role plays to make this course an enjoyable learning experience.

Our Trainers

Our trainers are all qualified and highly experienced lecturers from Singapore Polytechnic.

Please note that we only specialise in customising courses for organisations; public courses for individuals are not available.

**SINGAPORE POLYTECHNIC
BUSINESS COMMUNICATION CENTRE**

Course Enquiry

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