

STRENGTHS & CONFIDENCE

A strengths-based working approach concentrates on the inherent strengths of individuals, teams, groups and organisations. This is a shift from a deficit approach, which emphasises problems. People that work to their strengths are more likely to be successful, try new approaches and have the social skills needed to drive their passions forward. They are also likely to feel more confident, be more motivated and engaged in their work.

“If we ask people to look for deficits, they will usually find them, and their view of the situation will be coloured by this. If we ask people to look for successes, they will usually find them, and their view of the situation will be coloured by this.” (Kral, 1989, p. 32)

COURSE BRIEF

We all know what it is like to lose confidence in our skills and abilities. Many people feel this way after they take on new responsibilities and fear that they don't yet have all the skills they need to do the job and that someone will soon find this out. For others, a lack of confidence in their abilities holds them back from going for promotion, trying new things or pursuing career goals. This workshop will help you to build on your strengths, increase your self-confidence and go about your work with heart and competence.

WORKSHOP COVERS:

- Introduction to fostering self-belief and confidence
- Identifying your strengths & talents
- Exploring ways to reach your full potential
- Looking at what holds people back from being their best self
- Seeking everyday opportunities to apply your strengths and talents
- Combining personal values and strengths to create meaning and purpose at work and in life
- Setting strength based goals using the GROW model

Delivery options:

Bitesize (3.5 hrs)

Maximum number: 16

Please contact training@bristolmind.org.uk for fees