

EMPOWERING CONFIDENCE, COMMUNICATION & PRESSURE MANAGEMENT:

SELF-ASSURANCE, COMMUNICATION, STRESS HANDLING PROGRAM

EMP-S

Duration: 3 days; Instructor-led | Virtual Instructor-led

OVERVIEW

This program is designed to equip participants with essential skills and strategies to enhance their communication, boost confidence, and effectively manage pressure in both personal and professional settings. The course empowers individuals to excel in their careers and personal lives. Each day of the program focuses on a specific aspect of personal development and growth.

OBJECTIVES

- Recognise the value of seeking help and feedback that will help take calculated risks.
- Implement active listening skills to excel in personal and professional interactions.
- Examine coping mechanisms for high-pressure situations.

PREREQUISITES

- Open to individuals committed to enhancing their self-assurance, communication abilities, and stress management skills.

AUDIENCE

Corporate Professionals, Entrepreneurs & Small Business Owners, Students & Young Professionals, Professionals in High-Pressure Environments, Individuals Pursuing Career Advancement

COURSE CONTENTS

Module 1: Building Confidence for Success

- Focuses on developing participants' self-confidence through skill-building, overcoming self-doubt, seeking help when needed, and effectively utilising feedback and risk-taking to advance in their personal and professional lives

Module 2: Effective Communication Skills

- Designed to enhance participants' communication proficiency by covering the fundamentals of clear communication,

improving presentation skills, preparing for meetings efficiently, engaging in productive discussions and emphasising the importance of active listening to foster meaningful interactions in both personal and professional contexts

Module 3: Managing Pressure and Thriving Under Stress

- Focused on helping participants understand their stress tolerance levels, identify and manage pressure triggers, develop coping strategies for high-pressure moments, and ultimately embrace pressure as a catalyst for personal and professional growth, equipping them to thrive in demanding situations



Delivered by Proctor Gallagher Institute (PGI) Certified Consultant