

Conflict Management

Understanding Self

- Self awareness
- Adaptability
- Motivation

Improving personal confidence

- Effective communication
- Development positive habits
- Developing leadership qualities
- Increasing circle of influence

Boosting self confidence

- Visualization
- Motivate participants' one thing that scares every day.
- Questioning the inner critic.
- Plan/Set up to win.

Boost Your Confidence –II

- Positivity
- Defeating the negative thought
- Self-care ;mind care
- Personal Boundaries