



## Confidence in the Workplace – Staff Wellness Training

### ***At a Glance:***

<b>Recommended length of session:</b>	<b>1 Day</b>
<b># of Hours:</b>	<b>5 to 6 hours</b>
<b>Method:</b>	<b>In person</b>
<b>Participants:</b>	<b>Education Staff</b>
<b>Pricing:</b>	<b>Varies</b>
<b>Resource Material:</b>	<b>The session will include one activity sheet</b>

Confidence in the Workplace is currently being challenged by the Covid pandemic. Staff are continually having to adapt, almost daily. The personal life and professional life of staff members require so much more patience and innovative thinking that it is taking it's toll on many.

This session is guaranteed to refresh each person's confidence and reconnect their team. It will allow for each person to share in a non-management environment the thoughts on what is happening to them personally. It is a training designed to allow for real thoughts on their personal journey to be "confident."

They will connect and learn how to speak to confidence and learn how to transfer the knowledge learned to their clients. They will learn techniques to benefit themselves yet learn strategies that they may deem necessary for their clients who are dependent upon them for emotional guidance and support.

Research says, "you can't help another unless you have helped yourself." This program is an excellent refresher to reaffirm one's team yet, allow for deeper personal connections to see strengths, areas to grow, areas to re-learn, and so much more. And all teachings will be transferable to home life, and family life.

This project is a unique twist to gain personal growth on positivity, happiness, and healthy well-being that will benefit staff and teams collectively.