



## What We Will Cover:

- ❖ Building your self-esteem and belief in your leadership capacity
- ❖ Putting others at ease
- ❖ Make positive first impressions
- ❖ Fake it 'til you make it!
- ❖ Internal self-esteem factors
- ❖ Projecting 'Self Leadership'
- ❖ Negative vs. positive thinking and interactions
- ❖ Distorted thinking
- ❖ Effective Communication skills
- ❖ Giving and receiving compliments
- ❖ Taking control of your future

Did you know that Leadership is an 'action' not a title. How you 'act' ultimately determines the quality of your relationships both at work and in your personal life. By making the decision to assertively 'lead' yourself you are able to gain more control over your personal and professional goals, interactions and relationships both inside and outside of work. During this one-day workshop you will discover some simple techniques that dramatically change how you feel about yourself and as a result how that impacts your interactions. You will learn how to recognise the importance of 'self leadership' and the positive impact this can have in your work and personal success.

## Learning Outcomes:

- Learn how to create positive self-expectations
- Begin setting goals to get more of what you want from all aspects of your life
- Develop self-talk messages that help build self-esteem
- Identify communication tools to help you be more assertive
- Learn how to say no, and when no is the best answer
- Learn how to make a positive first impression
- Discover ways to connect with people

## What's included:

- Instruction by an expert facilitator.
- Small interactive classes.
- Specialised manual and course materials.
- Personalised certificate of attendance.

## Duration:

- 1 Day Workshop

## Interested in attending this program?

contact Morton Learning on 1300 855 417 or email [info@mortonlearning.com.au](mailto:info@mortonlearning.com.au).  
Or book online at [www.mortonlearning.com.au](http://www.mortonlearning.com.au)