

# CONFIDENCE BUILDING CERTIFICATION

As per International Standards



## UNICHROME

# Unichrone Training **Advantages**

- ✓ 1 Day Interactive Instructor-led Online/Classroom or Group Training
- ✓ Course study materials designed by subject matter experts
- ✓ Mock Tests to prepare in a best way
- ✓ Highly qualified, expert & accredited trainers with vast experience
- ✓ Enrich with Industry best practices and case studies and present trends
- ✓ Confidence Building Training Course adhered with International Standards
- ✓ End-to-end support via phone, mail, and chat
- ✓ Convenient Weekday/weekend Confidence Building Training Course schedule



## About Unichrone

- ✓ We are a professional training institute with an extensive portfolio of professional certification courses. Our training programs are meant for those who want to expand their horizons by acquiring professional certifications across the spectrum. We train small- and medium-sized organizations all around the world, including in USA, Canada, Australia, UK, Ireland and Germany.



Guaranteed Quality



Handpicked Trainers



Global Presence



Online Training Option

We've trained professionals across  
global companies

PHILIPS

AXCESS  
FINANCIAL PRODUCT MANAGEMENT

CLARIANT

AkerSolutions

WÜRTH

baycoat

DUPONT

DASHTI

GlobalSign

TriskeleLabs

مصرف الراجحي  
Al Rajhi Bank

DHL

ARASCO  
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## Importance of Confidence Building Training

- ✓ Confidence Building Certification demonstrates a candidate's proficiency in developing self-confidence. It demonstrates their knowledge of various methods for building confidence and reflects a detailed understanding of the process involved in developing confidence. This certification enhances their ability to navigate workplace interactions, foster productive relationships, and boost overall performance. Confident professionals contribute to improved team dynamics and organizational success, leading to more effective decision-making and minimized errors.
- ✓ During Confidence Building Training participants enhance their knowledge in areas including self-awareness, positive thinking, communication and interpersonal relations, presentation skills, and stress management. They apply methods on how to manage self-doubt, improve interpersonal relationships, and develop positive confidence at work. In readiness for Confidence Building assessment, mock assessments are administered, practice and self-assessments are conducted, and feedback is provided.

## ELIGIBILITY CRITERIA

- ✓ Aspirants need not meet any requirements to pursue Confidence Building Training Course. However, having prior knowledge is beneficial.

## WHO SHOULD ATTEND

- ✓ Any individual who wants to gain skills in this domain can enroll in the Confidence Building Training course.

# CONFIDENCE BUILDING CERTIFICATION ADVANTAGES



CERTIFIES  
YOUR TALENT



HELPS  
BUILDING  
VALUES



GLOBAL  
RECOGNITION



PERFECT  
EXECUTION



BUILDS  
CUSTOMER  
LOYALTY



MORE  
EMPLOYABILITY  
OPTIONS

# Syllabus of Confidence Building Training

## Lesson 01 – Introduction to Self Confidence

1.	Goal-Setting
2.	Types of Goals
3.	Goal Setting Tips
4.	Positive Thinking and Self-Talk
5.	Developing Routines

## Lesson 02 – Considering Basics

1.	Recognising Strengths
2.	Determining Where You Stand Now
3.	Preparing for Action

# Syllabus of Confidence Building Training

## Lesson 03 – Performance Profiling

1.	What is Performance Profiling?
2.	Benefits

## Lesson 04 – Finding Motivation

1.	Driving Forward in Life
2.	Taking Charge at Work



# Syllabus of Confidence Building Training

## Lesson 05 – Sticking to Your Principles

1.	Understanding Values
2.	Living Values Every Day
3.	Living Authentically

## Lesson 06 – Making Friends with Emotions

1.	Getting a Grip on Emotions
2.	Tracking Moods
3.	Trusting Intuition
4.	Harnessing Darker Emotions

# Syllabus of Confidence Building Training

## Lesson 07 – Unleashing Passion

- |    |                              |
|----|------------------------------|
| 1. | Discovering Passionate Self  |
| 2. | Putting Passion into Actions |

## Lesson 08 – Stretching Yourself Mentally

- |    |                                  |
|----|----------------------------------|
| 1. | Ways to Expand Comfort Zone      |
| 2. | Attracting More of What You Want |
| 3. | Feeling Power                    |

# Syllabus of Confidence Building Training

## Lesson 09 – Approaching Relationships with Confidence

- |    |                               |
|----|-------------------------------|
| 1. | Realising What Really Matters |
|----|-------------------------------|

## Exam Format of Confidence Building Certification

Examination Format	
Exam Name	Confidence Building Exam
Exam Format	Multiple Choice
Total Questions & Duration	30 Questions, 1 Hour
Passing Score	Minimum passing score of 70%
Exam Cost	Included in training fee

To get you fully prepared with the knowledge and skills for Confidence Building, a training session at Unichrone gives immense importance to mock questions at the end of every module and problem-solving exercises within the session. Prepared by certified faculty, the practice tests are a true simulation of the Confidence Building exam.

# Contact Us

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<https://unichrone.com/>

