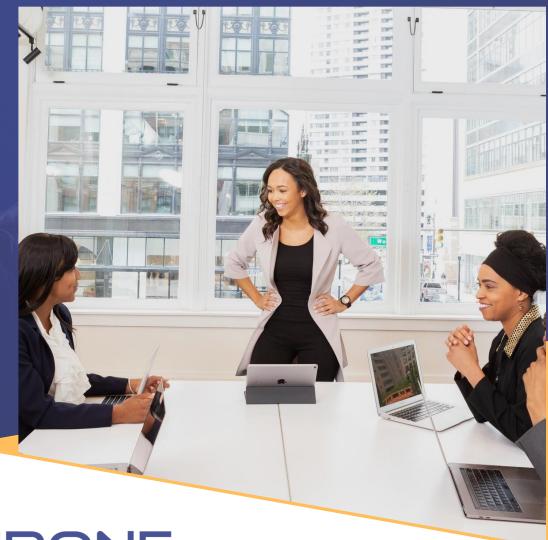
## CONFIDENCE BUILDING CERTIFICATION

As per International Standards



UNICHRONE



## **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

















































#### 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











MORE EMPLOYABILITY OPTIONS



LOYALTY

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



<b>Lesson 03 –</b> Performance Profiling	
1.	What is Performance Profiling?
2.	Benefits

Lesson 04 - Finding Motivation	
1.	Driving Forward in Life
2.	Taking Charge at Work

	<b>Lesson 05 –</b> 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	

<b>Lesson 07 –</b> 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	

**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.



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