



Boosting Confidence and Self-esteem

When working under pressure

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enhance coaching



Personal Development | Career Support | Leadership Development
Outplacement | Visiting Coach | Contact Centre Management

Aim

- **To take away ideas to achieve and maintain confidence and self-esteem while working under pressure by**
 - **Changing Mindset**
 - **Creating self-awareness**
 - **Improving self-belief**





Mindset

- **The Pressure Graph**
- **Contexts: Relinquishing Control**
- **Re-framing**



Self Awareness

- **Context: Success Factors**
- **Skills, Strengths & Achievements
(Conscious Competence)**
- **S.P.A.C.E.**





Self Belief

- Evidence
- Respect
- Positive Conscious Thinking



Close & Thank you

- Mindset Change
- Self Awareness
- Self Belief

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