



Personal Effectiveness Skills Series Growing Self Esteem

When: Date

Time: 9.30-4.30

Where: Venue

Of all the judgements we make in our life none is as important as the judgement that we make about ourselves. There is no-one that we will ever talk to that is more important. High self esteem is equated with success, confidence and feeling positive. In this workshop everyone will have the opportunity to learn how to break free from negative thinking, guilt and self defeating behaviour and how to apply this to help others around us. After this session you will be able to help others to look at things in a new and positive way to enjoy life and ensure everyone achieves their full potential.



Who should attend?

People who would like to learn how to raise self esteem, either for themselves or that of others around them. The results will be more positive feelings, relationships and personal interactions with others. It is especially beneficial for helping you to help yourself and others in bouncing back from negative experiences, feeling guilty frequently and to breakthrough internal barriers to success in work and life.

Learning Outcomes

- * **Understand the formation of healthy self esteem and the difference between living consciously and unconsciously.**
- * **Analyse the connection between your own thinking and outcomes.**
- * **Have a 7 Point Plan for dealing with challenges and setbacks.**
- * **Recognise that some 'wallow time' is ok and how to make sure you don't get 'stuck in the mud'**
- * **Learn the 5 key ways to stop other people affecting your self esteem negatively (and be sure you never do it to others!).**

Each participant will take away a folder containing the questions, tips and materials used in this session to raise self esteem of themselves or others. Each participant will be encouraged to continually use the folder over the coming months and monitor progress or share materials and coach others.

About Real Results Training and Carolyn Blunt

Real Results Training is a leading North West learning and development consultancy that specialise in people skills. Carolyn Blunt is the lead consultant and founder. Carolyn has worked in strategic positions for Tesco HQ and Fujitsu Services Ltd, the world's third largest IT company with geographical responsibility for the Call Centre Division in Northern England and Ireland.

Carolyn was responsible for people development strategy, analysing training needs, designing programmes, delivering training, evaluating programmes for the 1000 Call Centre employees and management. Fujitsu Services Call Centre Division was Highly commended by National Training Awards 2002, Winner of European Call Centre Awards for Best People Development Programme, 2002. Real Results is a preferred supplier for the University of Central Lancashire. Carolyn has most recently worked with clients such as The University of Manchester, Vertex, Woolworths and United Utilities. Carolyn's operational experience, people development knowledge and engaging delivery style ensure a unique learning event.

Testimonials

"We have never had such positive feedback. I will have no hesitation in recommending Real Results to my colleagues and contacts in the future."

Mike Taylor, United Utilities

"Thoroughly enjoyable and useful. Hard to improve the format" **SMART Telesales**

"Excellent trainer delivery" **Carphone Warehouse**

Register now!

Tel: 0161 408 2003 • Fax: 0161 338 8099 • Email: hello@real-results.co.uk

Fees

To attend this one day workshop

In-house (at your premises) £POA + VAT for up to 15 participants

Open course places £249 + VAT per person. Please contact us for current dates & venues.

Contact Real Results Training

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