

Positive Life For Ourselves Course Syllabus

Week 1

An introduction to building self-confidence
What is self-confidence and why does low self-confidence impact results?
Taking small steps
Avoiding comparisons
Using our values

Week 2

Understanding Personality Styles – an introduction (part 1)

Week 3

Personality Styles (part 2) – What about our behaviour?
Personality Styles (part 3) – Appreciating, and working with, Style differences
How we can be positive about change
How we can be positive about setbacks
How we can be positive about challenges

Week 4

How we can be positive about criticism
How we can be positive about rejection
How we can be positive about mistakes
How we can be positive about risks
How we can be positive about weaknesses

Week 5

How we can be positive about moving on from a bad situation
How we can say 'no'
How we can use our strengths
How we can use 'doing what we enjoy'
How we can use goals and make them work for us

Week 6

How we can develop courage
How we can develop self-motivation and stop procrastination
How we can move out of our comfort zone and build self-confidence
How we can keep a calm mind and make confident decisions
How we can learn more effectively by using our preferred learning style
How we can take a positive approach to social media

Week 7

How we can improve our thinking
How we can break a destructive habit
How we can create positive self-talk