

Gary Bedingfield Training

Helping people reach their full potential



Achieve the Success You Deserve

(a motivational course in building self-confidence)

Achieve the Success You Deserve is our flexible training course that focuses on helping clients identify the needs and advantages of self-confidence and seeing how this can be put to good use in all aspects of life, especially in relation to finding employment.

The main areas of training will be:

What does self-confidence mean to you?

Understanding confidence

How we lose confidence

Improve your motivation

Personality checklist

Getting to know your skills and qualities

Building on your strengths

Sorting out your priorities

Confident body language

Becoming more assertive

Dealing with criticism

Improve your communication skills

Improve your personal presentation

Understanding my barriers to success?

About Gary Bedingfield Training

Based in Glasgow, Gary Bedingfield is a qualified further education trainer with almost 20 years' experience in the training industry. He has worked on numerous government-funded training projects and with private sector and voluntary organisations. Above all, his training is based on a desire to help people achieve their full potential.

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0845 003 9571 or 0141 374 2189

info@garybedingfield.co.uk

www.garybedingfield.co.uk