

Workplace Confidence

Develop your self-confidence to place yourself on the path to career success

Module Duration: 25mins

Everything we do is to improve the working life and empower practice staff to help enhance the patient experience.

By the end of this module individuals will possess a awareness of the importance of confidence in the workplace and possess the ability to identify and apply the techniques most relevant to their working life.

Self-confidence is an extremely vital component of professional success, yet many people struggle to find it. The module will equip you with tools and techniques to increase workplace confidence, using tools such as a Strengths, Weaknesses, Opportunities and Threats Analysis and the theory of self-efficacy.

A blended approach is utilised with each module containing relevant theory alongside interactive activities and opportunities for reflection.

An end of module assessment will evaluate your understanding of the content covered and individuals will receive a certificate of successful study, whilst a learning review document will allow individuals to recap the key elements covered at another time.

Workplace Confidence Module Structure

- ▲ What is Confidence?
 - ▲ Confidence in the Workplace
 - ▲ Indications of a Lack of Confidence
 - ▲ How can Confidence Hinder you in the Workplace
 - ▲ High Self-Confidence vs. Low Self-Confidence and its Impact in the Workplace
- ▲ Increasing your Confidence
 - ▲ SWOT analysis
 - ▲ Techniques to Improve your Confidence Levels
 - ▲ Theory of Self-Efficacy
- ▲ Module Review Assessment
- ▲ Certificate of Completion (70% pass grade)
- ▲ Module Learning Review Document

Benefits of Workplace Confidence

- ▲ Improve self-confidence
- ▲ Understand the impact of confidence within the workplace
- ▲ Gain an understanding of self-efficacy
- ▲ Greater chance of occupational success

For information about our complete suite of professional development topics, or if you have any other questions, please visit the website:

www.ararna.co.uk/elearning

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