

Breakthrough Assertiveness and Confidence Course©

Most people would like to be more confident, but confidence, while highly desired, is often elusive. A survey of British Managers conducted by the Institute of Leadership and Management in the UK revealed that 50% of female respondents and 31% of male respondents don't feel confident about their job performance and careers.

Have you ever met someone in business who amazed you with the amount of confidence they exuded? Have you also wondered, "Is it possible to train myself or my team to be more confident so that we can draw on that confidence when we really need it?"

Neuroscience has shown us keys to unlock our confidence. As the author of 'Awaken the Wild Lion Within' Scott Epp has developed a coaching methodology to help people break free from their cage and have total confidence. Participants will become more self-assured and confident as they awaken the wild lion / wild lioness within and activate confidence strategies in their personal and professional lives.



It has been discovered that confident people share many of the same traits, even across cultures and industries. Cultivating the traits you already have and developing those that you do not yet have will build your overall self-confidence. Remember, self-confidence is about building yourself up, not tearing others down. When you are confident, you make others around you feel confident too. Research has consistently demonstrated that when clear goals are associated with learning, it occurs more easily and rapidly. Your courageous confidence and self-worth will translate into more success in sales, service, leadership, and all aspects of being a fulfilled and effective team member.

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Challenging your negative thinking and self-talk.
- Utilizing methodologies for understanding your worth - and the use of positive self-talk.
- Learning from confidence role models.
- Stepping out of your comfort zone and standing tall.
- Breaking through limiting stories.
- Empowering yourself through morning rituals.
- Surrounding yourself with positive people.
- The 7 powerful keys to create your abundance mindset.
- Prioritising your confident state.
- Engaging your S.E.A.L.L. team.
- Practicing sending positive communications phrased as "I-Messages".
- Practicing strategies for gaining positive outcomes in difficult interpersonal situations.
- Adopting strategies to overcome negative comments.
- Activating confidence strategies that will lead you to more sales and better service.

Training Options

This course may include actual role-plays or live activations and consulting with customer service, sales teams, etc.

90 Min - 1/2 Day: Selected sessions on assertiveness and confidence can be led in 90 minutes. The Breakthrough Assertiveness and Confidence Course© with limited time role-plays can be led in half a day.

1 Day: The complete Breakthrough Assertiveness and Confidence Course©.

The Breakthrough Corporate Training Advantage

We exist to empower leaders and teams to breakthrough and achieve their potential!

Our core purpose is to empower leaders and teams to breakthrough and achieve their potential. Our core values reflect the depths of who we are. Our Core values are **Engagement, Breakthrough, and Passion**. Our nurture values reflect what we care about, and how we perform to achieve our goals. Our nurture values are **Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork**.

Most of the time that we work with your team is spent activating what has been taught through interaction, activities, roll-plays, experiences, games, discussions and coaching. We have found that amazing content delivered with passion in a lively and engaging way boosts employee morale, retention and overall workplace satisfaction. Breakthrough Corporate Training has a strategic partnership with TransforMe and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations around the world. See some of our combined clients below. Our goal is to go over and above with our training by providing 2 or more trainers where possible. We aim to spend 50 - 75% of our time applying the learning. We don't offer every type of corporate training course but we are great at delivering the courses that we do offer. So give us a call or get an instant quote today. Find our details on the last page.

10s of 1000s of People from Organisations in Sydney Australia and Around the World have Been Transformed Through our Talks, Corporate Training, Coaching and Mentoring



Success Stories



"Scott has led multiple workshops on values, building healthy cohesive teams and Life Languages that have really impacted our business. The Life Languages program has been invaluable. My experience with Scott Epp has been empowering and transformational. It has been a positive investment, and we are continuing to integrate Scott and the Life Languages tool into our training and development..."

Kevin Bergeron – President & CEO at MiEnergy

'Shokai Group had the Life Language Communication Workshop today delivered by Scott & Nicole. It was fantastic. They are very friendly, passionate, professional, patient and they made the training very interesting. Everyone liked it and I believe we got to know more about ourselves and our communication effectiveness. Before the training, I was the one who contacted Scott. He is really helpful and always responded quickly & clearly. We are looking forward to having another training by them. Many thanks to Scott & Nicole. :)'

Cynthia Xiang – Office Administrator at Shokai Group



'Everything that we did together was so accurate and right away as Scott and Nicole described the different Life Languages I was able to identify how the Life Languages showed up in my life. I really liked how I wasn't boxed in with the Life Languages... I want to thank Scott and Nicole for facilitating for us because it's an awesome dynamic having them both lead as they both have such a high level of mastery and understanding of it that when they share it and communicate it they are able to make it so relatable. They each were able to share their own experiences and that made a big difference for us.'

Stefan James - Internet Entrepreneur and Founder of Project Life Mastery



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Learn more and get an instant quote at: www.breakthroughcorporatetraining.com.au