

# Self-Esteem and Confidence

Build confidence, strengthen self-belief, and face challenges with balance and resilience



# WHY SELF-ESTEEM & CONFIDENCE MATTER

Build **self-belief**,  
**strengthen personal value**,  
and respond to **challenges**  
with **confidence**

In today's workplaces, **confidence shapes how professionals show up**, communicate, and perform. Expectations are high. Pressure is constant. Change is ongoing.

When self-esteem is low, capable professionals may hesitate to speak up, avoid responsibility, or struggle to recover from setbacks – limiting both personal growth and professional impact.

This programme helps professionals understand how self-esteem and confidence influence behaviour, decision-making, and performance, and develop the balance and resilience needed to succeed in modern organisations.

## WHY SELF-ESTEEM AND CONFIDENCE MATTER

In fast-paced work environments, confidence directly affects communication, presence, and outcomes.

Without healthy self-esteem and confidence, professionals often experience:

- Self-doubt and hesitation
- Avoidance of responsibility or challenge
- Difficulty asserting ideas or opinions
- Increased sensitivity to feedback or criticism
- Reduced resilience after setbacks

Self-Esteem and Confidence equips participants with practical tools to recognise unhelpful thinking patterns and build a stronger, more balanced sense of self-belief.

## PROGRAMME OVERVIEW

Self-Esteem and Confidence helps participants understand:

- What self-esteem and confidence truly mean
- How confidence influences behaviour and performance
- The traits of high and low self-confidence
- How to assess their current confidence levels
- How to build confidence in decisions, communication, and action
- How to develop a healthier and more balanced self-image

Participants learn to recognise their strengths, clarify their personal value, and apply practical strategies to face challenges with assurance and clarity.

### The result:

greater self-belief, clearer personal value, and increased confidence in everyday work situations.

**Confidence is not about personality.**  
It is about awareness, mindset, and skill.

This programme helps professionals build confidence that is grounded, balanced, and sustainable.

Accredited and **quality assured**



# What this programme Prepares you to do

**Self-Esteem and Confidence** equips professionals to understand how self-belief affects performance, communication, and resilience – and how to strengthen confidence in practical, achievable ways.

The programme focuses on real-world application, helping participants translate self-awareness into confident behaviour, clearer communication, and stronger professional presence.

## **PARTICIPANTS DEVELOP THE CAPABILITY TO**

- Understand self-esteem and self-confidence in a professional context
- Recognise traits of high and low confidence
- Assess personal confidence and self-belief levels
- Build confidence in abilities and decision-making
- Develop a balanced and positive self-image
- Overcome self-doubt and negative thinking
- Identify and articulate personal strengths and value
- Create a personal unique selling proposition (USP)

## **OUTCOMES FOR PARTICIPANTS**

- Demonstrate increased confidence at work
- Respond to challenges with greater resilience
- Communicate with clarity and assurance
- Present ideas and opinions more confidently
- Recognise and leverage personal strengths
- Maintain a healthier and more balanced self-image
- Communicate personal value more effectively

## Programme structure and **delivery options**

### Programme Duration

4 learning hours

### Delivery Format

Instructor-led (online)  
Subject Matter Expert

### Flexible Delivery

Adaptable for organisational requirements and team-based rollouts

### Organisation Bundles

Organisational packages  
And volume discounts available

## **Instructor-led delivery**

Every training unit is delivered by subject-matter experts with real-world professional and organisational experience – ensuring learning is practical, relevant, and immediately applicable.

# HOW LEARNING IS APPLIED

This programme focuses on confidence as it operates in real workplace conditions – where communication, self-belief, and resilience directly influence performance and professional impact.

Participants apply concepts to realistic work scenarios, ensuring learning leads to behavioural change, not theory.

## PARTICIPANTS EXPLORE

- ✓ Reflect on personal beliefs, self-image, and confidence levels
- ✓ Identify unhelpful thinking patterns
- ✓ Apply confidence-building strategies to real workplace situations
- ✓ Strengthen communication, presence, and decision-making
- ✓ Translate insight into everyday confident action

## THIS PROGRAMME IS DESIGNED FOR

- New employees building confidence in the workplace
- Professionals seeking personal growth and self-assurance
- Employees facing new responsibilities or challenges
- Anyone looking to strengthen confidence and self-belief

## COURSE PREREQUISITES

No prior confidence or personal development training is required.

The course is suitable for early-career professionals as well as experienced employees seeking to strengthen confidence, resilience, and professional presence.

## PROGRAMME DELIVERY

- Instructor-led delivery by subject-matter experts
- Online formats

## WHAT THIS TYPE OF TRAINING DELIVERS

### Immediate Application

Apply confidence-building tools directly to real work situations.

### Stronger Professional Presence

Communicate ideas, opinions, and value with clarity and assurance.

### Resilience Under Pressure

Respond to challenges and setbacks with balance and confidence.

### Clearer Personal Value

Understand strengths and articulate professional contribution.

## The result:

More confident professionals.

Stronger communication.

And learning that delivers sustainable impact where it matters.

# COCREATE TO ACTIVATE™

CoCreate to Activate™ is Maximus Academy's four-step method for building skills that last—not just in the classroom, but inside real organisations operating in fast-moving, high-demand sectors across the region.

## Turning capability into national outcomes.



### ASSESS

Understand the real operating world

### What this Ensures

- Skills that match global industry demands, not generic international templates.



### DESIGN

Build training that fits the sector

- Immediate operational impact, because training is built around real sector challenges.



### DELIVER

Teach through Saudi SMEs and practitioners

- Lasting organisational capability through the adoption of performance-driven tools and behaviours.



### SUSTAIN

Embed the change inside organisations

It is the difference between training individuals and equipping an entire workforce with the capabilities to perform, adapt, and deliver at scale.



Register for the course through the QR code

**maximus academy**  
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*Training that fits your world*

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