



LEAP TO CONFIDENCE®

FOR HELPING PROFESSIONALS

- **Do you want to build confidence to feel empowered in your life?**
- **Are you overwhelmed by stress and compassion fatigue?**
- **Do you wish you had skills and tools to thrive at work and at home?**

Leap to Confidence for Helping Professionals is a six-week online program offered in weekly two-hour sessions with practice opportunities to apply in your personal and professional life.

In this powerful program, you will:

- Identify what having more confidence will create in your life – personally & professionally.
- Develop new tools to better manage stress & anxiety.
- Replace negative self-talk and limiting beliefs with positive thoughts & actions.
- Improve your communication skills.
- Better deal with conflict & upset, angry people.
- Develop strategies for presenting yourself more effectively & confidently.
- Identify & share your skills and strengths.
- Recognize your growth & resilience.

www.leaptosuccess.org

Program Details

Dates: Thursdays,
May 2 – June 6, 2024
Time: 10:00 a.m. – Noon PST
Format: Zoom

\$295 Early Bird Price ends 4/19
\$375 Regular Price

Learn More & Register

<https://tinyurl.com/49j8xczw>



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Each Powerful Session of Leap to Confidence for Helping Professionals Gives You New Tools and Skills!

Session One: Developing New Habits

In this session you will:

- Identify how having more confidence will impact your life, personally and professionally.
- Experience the sense of empowerment that comes from changing the words you use.
- Develop a broad range of stress management tools to use daily.
- Make empowered choices to create healthy new habits.

Session Two: Connecting with Yourself and Others

In this session you will:

- Recognize the value of using words to enhance your belief in yourself.
- Use relational presence to build connections with yourself and others.
- Initiate positive interactions with others.

Session Three: Interpersonal Communication Skills

In this session you will:

- Use empowering language to project confidence.
- Recognize that how you respond to your emotions is a choice.
- Develop strategies for effectively managing conflict.

Session Four: Presenting Yourself with Confidence

In this session you will:

- Use assertive communication to respond to difficult situations.
- Develop a strategy to present yourself with more confidence.

Session Five: Resilience and Growth

In this session you will:

- Recognize and share positive lessons learned from facing adversity.
- Acknowledge and articulate your personal positive qualities and strengths.

Session Six: Leaping to Success

In this session you will:

- Recognize and share how you have grown since starting the class and the tools that have helped you.
- Create and present your own personal power statement.
- Reflect on how you will use the skills you have learned with your team and/or clients.