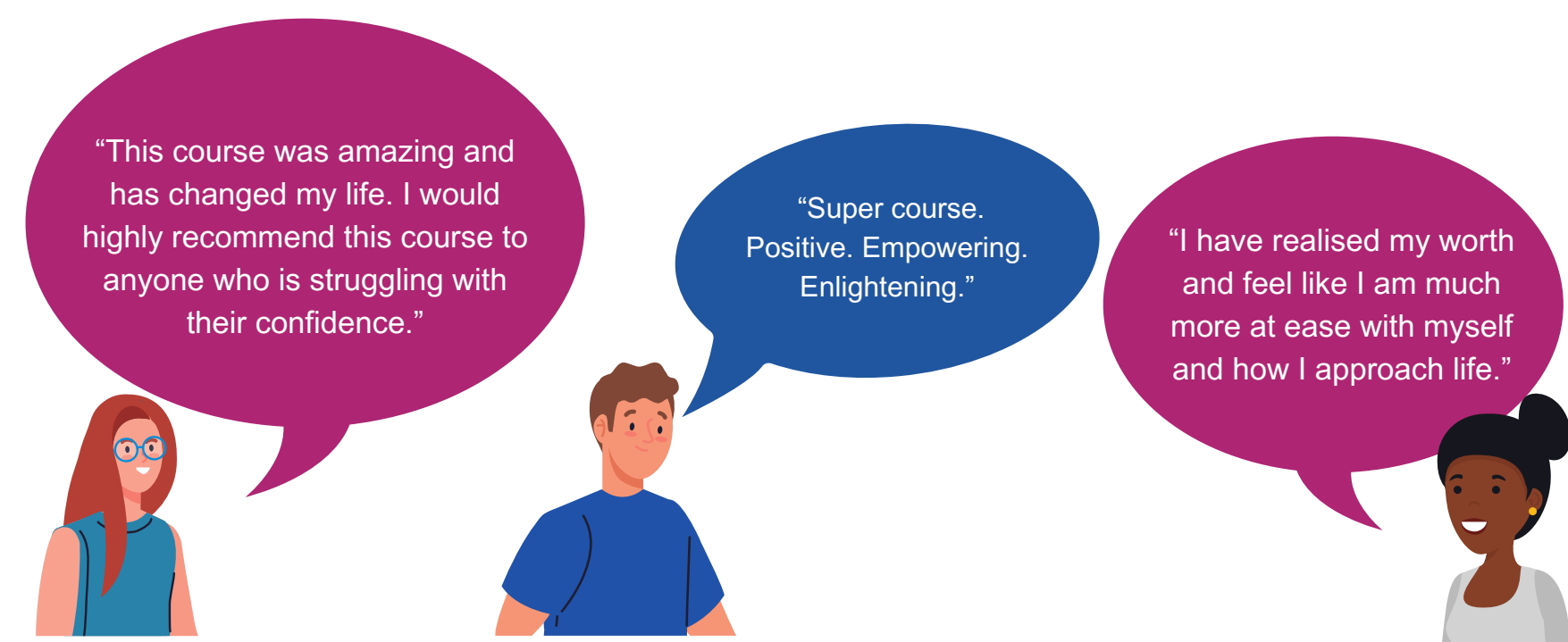


Enhancing Confidence to Empower your Return to Training



In this course, you will find impactful strategies to boost your confidence for your return to training. It provides an opportunity for you to explore the theme of confidence in a safe environment. You will have the chance to engage in conversations, and to share your thoughts about confidence: you will recognise that you are not alone and your experience is normal.

We will probe what confidence looks, sounds, feels and acts like. I will highlight key component parts of confidence and how they work. Once you understand these mechanisms and how to apply them, you will have access to a toolkit which can significantly increase your inner comfort and assurance.

You will be empowered to cultivate more self-acceptance and a positive self-view. Elevating your personal confidence will impact your effectiveness in all of your activities and support your return to training. This training is liberating and uplifting. You have everything you need within you to experience greater confidence.

For bookings and more information [visit Maxcourse](#)