



Eat the Elephant 'Helping people achieve the objective'

Essential Management Development skills

Secrets to High Self-Esteem

Who is it for ?

Team members and Managers.

What is it about and what will it do ?

This workshop brings new awareness of the inner obstacles that people may have allowed to get in the way of success. We deliver the tools and tactics to positively change the way that people see themselves, present themselves and allow others to treat them.

Typical Objectives

Develop the understanding of the tools and tactics to positively change the way that we see ourselves and others.

Indicative Outline Content

- **The power of self awareness**
- **Accessing internal wisdom**
- **Taking responsibility for yourself**
- **Accepting yourself**
- **Managing emotions**
- **The power of visualisation**
- **Creating a personal mission statement**
- **Setting and achieving goals**
- **Communicating with confidence**
- **Magic words**
- **Action**

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