



Staffing • Training • Safety • Payroll

COURSE INFORMATION

Self-Image & Motivation

Equip learners with the ability to demonstrate belief in his or her personal capabilities within the work context, display resiliency through continuous and conscious efforts to overcome work obstacles / challenges

Course Details:
Duration: 1 Day
Accredited: No
Certification: Attendance
Minimum Group: 3
Maximum Group: ∞
Unit Standard: Based on 14063
NQF: 1

Course Outline:

1. Believe in one's personal capabilities through positive self-esteem.
2. The degree to which the individual believes in himself/herself as being capable/able.
3. Movement from negative- or neutral- to a positive self-esteem.
4. Confident in his or her own ability to overcome obstacles displayed.
5. Rationally disagrees with colleagues or superiors where necessary.
6. Unpopular decisions are implemented when necessary.
7. Maintain effort to succeed through resiliency.
8. Persists in all circumstances related to scope of work.

What a Pleasure!

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