



# Confidence At Work

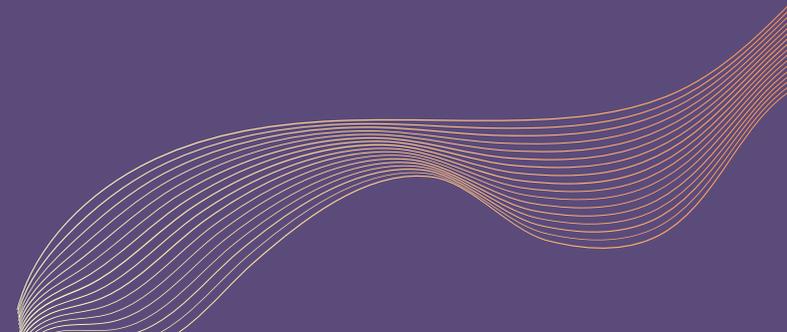
## PROGRAMME

*For Businesses*

# PROGRAMME STRUCTURE

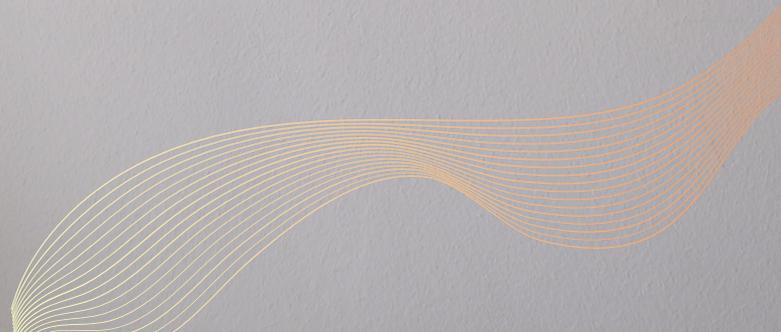


1. Introductory Workshop
2. Self-Esteem In-Depth Session
3. Self-Confidence In-Depth Session
4. Group Coaching Continuous Journey





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# PROGRAMME STRUCTURE

Introductory Workshop  
3h webinar



Self-Esteem In-Depth  
half-day



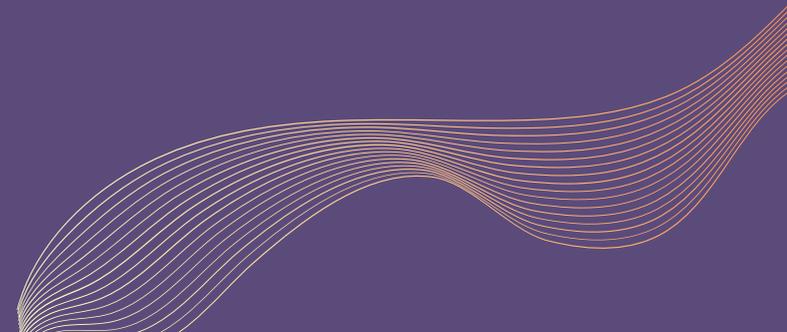
Group Coaching 1  
Regular monthly sessions 2h



Self-Confidence In-Depth  
half-day



Group Coaching 2  
Regular monthly sessions 2h

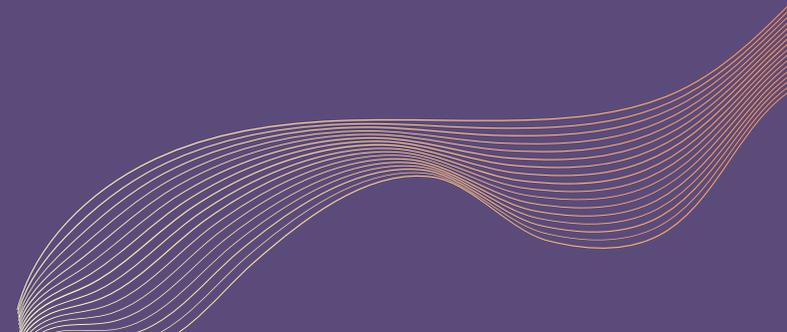


# WHY



Most people live in a restricted circle of potential and it's not because they lack intelligence, opportunities or resources but because they don't believe in themselves or worse, they don't think they are "good enough". The truth of the matter is that self-esteem and self-confidence are learnable skills and therefore can be understood, trained and mastered in life.

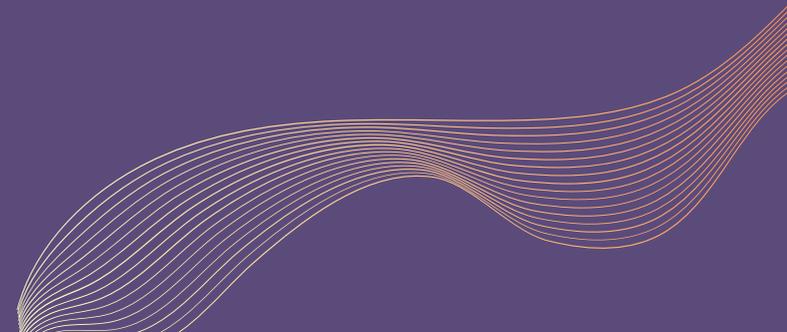
Today organizations need people with higher levels of independence, self-reliance, self-trust, and the capacity to exercise initiative, in one word: self-esteem. Historically, it is a new phenomenon.





The Journey of Building Confidence and Developing Self-Esteem is aimed at individuals interested in personal growth & development in their careers. We will be exploring how self-esteem and confidence can significantly improve a number of soft skills, such as positive and emotional intelligence, adaptability, flexibility, communication, resilience, courage, self-awareness, empathy and self-management.

This programme is both, highly informative and practical, to ensure you will have lots of opportunities for deep self-exploration to uncover your limiting beliefs, patterns and behaviours, so that you can maximise your strengths and tap into your full potential.



# INTRODUCTORY WORKSHOP

self esteem | science of thoughts | self confidence | behavioural patterns

The Introductory Workshop on Building Confidence and Developing Self-esteem will introduce the difference between self-confidence (trust and belief in our abilities) and self-esteem (our cognitive and emotional appraisal of our own worth); the importance of both and how to create them in professional and personal life.



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# SELF-CONFIDENCE SESSION

fear management | self belief | decision making | goal setting | micro planning

Research shows that the right level of confidence can help you to take on the world with more energy and determination, resulting in better relationships, quality work and courage to maximize your potential.

In the Self-Confidence In-Depth Workshop you will learn how to raise to new challenges, seize opportunities, deal with difficult situations, and take responsibility if and when things go awry.

We will look at the quality of your actions and help you evoke the courage to raise the bar and progressively step outside of your comfort zone; with determination, solid plan and clarity. We will support you in overcoming your biggest fears that are holding you back.

# SELF-ESTEEM SESSION

self management | self promotion | saboteurs | limiting beliefs | self worth

Low self-esteem can affect multiple areas of your life. Relationships can break down, careers can stall, lifestyle can become unbalanced and a positive state of mind can be difficult to maintain

In the Self-Esteem In-Depth Workshop you will learn how to let go of outdated self identities so that you clearly see yourself without those labels and step into your true potential.

We will look at your limiting beliefs and replace them with new beliefs based on truth rather than emotions and feelings. We will help you overcome negative patterns and self-talk so that you start to make the most of your potential and progress in your career.

# GROUP COACHING

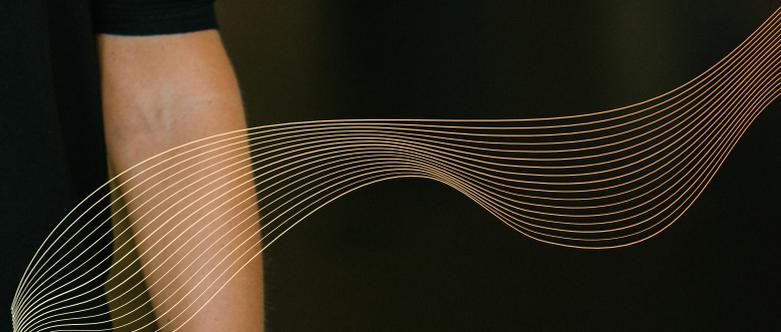
group motivation | fun | support | accountability | intimacy | safe environment

In order to create a significant step-change and true transformation, I offer continuous coaching support. Coaching is based on the principles of creating awareness, gaining clarity, conscious choice-making, taking different action, which builds momentum and in turn achieves results.

You will be given work to do between the sessions which takes the learning from the workshops and puts them into action, both in your personal and professional life. This format also facilitates an accountability structure which helps drive actions.



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# LEARNING OUTCOMES

- Improved communication and relationships
- Higher levels of independence, self-reliance, self-trust
- Ability to overcome inner self-critical voices (fear of failure, rejection)
- Freedom from social anxiety and self-doubt
- Direction and focus, with clearly defined actions and objectives
- Increased personal satisfaction, motivation and morale
- Courage to face challenges with drive, excitement and curiosity
- Courage to set and respect personal boundaries
- Ability to trust yourself in the face of uncertainty
- Ability to let go of the outcomes

# WHAT MY CLIENTS SAY

"Patrycja ran a fantastic workshop on 'Building Confidence and Developing Self-Esteem' for our corporate partners and their employees. This workshop was the inaugural virtual event in the live GoSweat Academy series. The event itself was highly engaging and received glowing feedback. It kept momentum and interest throughout and was interactive, enlightening, and extremely well executed. Patrycja exudes a warm and relaxed aura. One is able to explore vulnerability comfortably in her presence, and it is refreshingly easy to adventure into previously uncharted territory to see things clearly and reach those 'Eureka' moments. Patrycja effortlessly balances friendliness with professionalism and I would recommend her to any company"

- Helena Below, Engagement & Communications Manager at GoSweat

May, 2020



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# WHAT MY CLIENTS SAY

I had such an incredible opportunity to attend a number of Patrycja's sessions and each of them have been so professionally led and empowering. Patrycja's skill to listen, relate to others and hear what is being said as well as what is being kept silent, creates such a wonderfully safe environment for people to open up and start (or continue with) their self-discovery journey. Patrycja not only inspires but also provides practical tools to continue with self-work outside of her workshops, which I found so incredibly useful.

Patrycja, thank you so much for being such a compassionate, personable and inspiring human being. It is truly wonderful to witness someone who is so visibly passionate about and amazing at what they do.

Eglė Grigaliūnaitė, L&D Advisor at Foster + Partners  
October, 2020

# WHAT MY CLIENTS SAY

"Patrycja is an excellent speaker and had lots of energy and positivity - really enjoyed it and learnt a lot from it, thank you!"

"Patrycja, you were wonderful. Your workshop has helped me hugely and I really appreciate your time and effort."

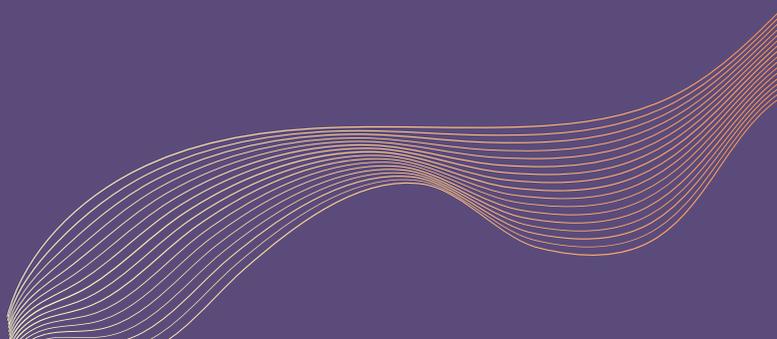
"The workshop was excellent, it helped me gain new insights on my capabilities and new techniques, which I can now start implementing at work".

"Patrycja was fabulous: encouraging, energetic and informative."

Foster + Partners Employees

May - October, 2020

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# Patrycja Skurzak

Confidence & Personal Development Coach | Trainer  
NLP Practitioner

Patrycja empowers people in mastering high level of confidence and self-esteem in order to unlock their true potential and maximize their growth. She works with individual clients, groups and organisations to help them produce more satisfying results, develop positive mindset, navigate change, lead more effectively and build healthier relationships.

Patrycja's approach draws on an integrated range of psychologically grounded coaching frameworks and techniques, is always challenging, direct, creative and inspiring. She partners with clients in a thought-provoking and practical way that stimulates & empowers them to maximise their potential, deepen their learning and enhance the overall quality of their lives.

Patrycja's definition of success is to help people expand their self-awareness, build clarity around their goals, evoke their courage to take action and challenge them to remain persistent in their self-development journey. You can work with Patrycja on personal fulfilment, self discovery, confidence building & self-esteem, goal clarification as well as career transition and personal branding.

# CONTACT



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