

How to Get Your Mojo Back!

This is an experiential workshop, designed to get you to think about the two ideas of confidence and self-esteem. It focuses on discussion topics, relaxation techniques and role play.

Questions will be asked such as:

- * What you believe confidence and self-esteem to be?
- * How you express these concepts in your personal and professional life?
- * Why confidence and self-esteem are important in your relationships?
- * How past experiences have perhaps affected your confidence and self-esteem?
- * Ways in which confidence and self-esteem can be generated. Are there special techniques?

Its aim is to enhance your sense of self, and how you can use your unique abilities to increase harmony, in all your relationships by exchanging experiences in a supportive, non judgemental, environment.

Who is this workshop for?

For individuals who feel they have little or no confidence and/or self-esteem.

Top marks for presentation & flow - you really show & lead self-esteem/self-confidence by example. Overall it was fun, enjoyable, very relaxed & a good laugh – telling your stories & personal experiences was really good & useful.
Ross. Computer Programmer

How to Get Your Mojo Back! Part II

In the second part of the Confidence series, we will build on two central ideas -

- * Confidence and Self-esteem.
- * Discussion topics, relaxation techniques and role play.
- * The main discussion point in this session are how fear, trauma, and anger influence our daily lives in a negative/positive way.
- * Greater attention will be given to these three words and how they impact on our personal and professional lives.
- * Simple techniques that we can adopt to alleviate their negative connotations, and enhance our lives.

Who is this workshop for?

For those who have a measure of confidence, but seek to enhance and reinforce their general confidence and self-esteem levels.

The style of the presentation was super easy to follow and very concise, what I particularly loved was the fact that it was broken down into smaller bite size chunks of practical and unexpected exercises, which at the end of the workshop made you realise that they were all connected in various ways to re-building your self esteem and confidence.
Sasha. Fashion Designer

How to Get Your Mojo Back! Part III

How to remain confident, within family situations. The third part of the Confidence series will focus on Confidence and Self-esteem within the family.

- * What is Family?
- * How we respond to our parents and siblings
- * Our place within the family hierarchy
- * How we perceive ourselves within the family unit (child and adult)
- * Why we have certain expectations of ourselves and family members
- * How we treat our own family/friends
- * Ways in which we can improve our relationships with family members

Who is this workshop for?

Designed to build upon the first two parts and is suitable for people who have some insight into personal confidence and self-esteem, but who wish to extend these ideas to familial situations.

Your workshop was very informative and interesting. I was inspired. I found that the technique you used helped me to visualise and trust in my own abilities and how to be confident in my day to day life.
Jacqueline. Retired Social Worker

Other workshops with Claudia

Rediscover your Voice

This is a hands-on, out-loud experiential course that gives you a basic knowledge in singing theory and works with you to develop your own singing style. The course also deals with speaking in public and how to overcome the blocks and issues that stop us from expressing ourselves.

Moon Cycles – “Living in tune with the cycles of the moon.”

A series of workshops designed to give you an understanding of the moon cycles and how this knowledge can be employed to assist you in your everyday expression.

Crystal Gateway

This course aims to give you an elementary understanding of crystals and how they can be used to balance your energy levels and to effect healing for yourself and others.

About Claudia

Claudia is a BA (Hons) Graduate in English and Italian (1995).

She has a wide experience of working in both the private and public sectors in a variety of Administration roles; as a manufacturing Entrepreneur and as a Translator/Interpreter.

Claudia has lived all over the world and has come into contact with people from different cultures. During her travels she discovered that she has a real interest in the way that people communicate and interact with each other.

Experience has taught Claudia that people are society's greatest asset. To this end, she has realised that it is possible to create and sustain a positive lifestyle if there is courage, and willingness to embrace change.

She believes that healthy levels of confidence and self esteem are two of the most important attributes to help build the life that you want and need.

Claudia's inspiring, empowering, focused, workshops are held in a fun, friendly, supportive environment.

Contact Claudia at
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AnamSound

**HOW TO GET YOUR MOJO
BACK!**

**CONFIDENCE AND
SELF-ESTEEM
WORKSHOPS**

**WITH
CLAUDIA VAN BUREN**

