# dimension lab | self-confidence

## What you can expect:

The flowprofiler® dimension labs are 1 hour virtual sessions designed to give you space to focus and reflect on your professional development. This lab explores the power skill Self-Confidence and is supported by a workbook and certified flowprofiler® trainer. You will not be asked to share your results or takeaways.

## Objectives:

- ☆ Define the dimension Self-Confidence.
- ☆ Review your flowprofiler® or eqflow® results.
- ☆ Identify actions to develop your personal excellence.

## You will learn:

- ☆ The role that self-confidence plays in the workplace.
- ☆ The flowprofiler® SPARK process to spark your Self-Confidence.

## Who is this training for?

Anyone who is looking to develop their work-based power skills. Specifically, their Self-Confidence.

## Pre-requisites:

- ☆ Ideally, you will have completed either the eqflow® or the flowprofiler® assessments.
- ☆ Have had your development report fed back to you.

## You will need:

- ☆ A copy of your development report.
- ☆ Access to the workbook (provided).
- ☆ In order to use the interactive workbook features, you will need the most recent version of Adobe Reader/Acrobat or Apple Preview.

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