

Course Title	<i>Five Cs of Personal Growth – Curiosity, Choice, Control, Courage and Confidence</i>
Overview	Organisations often have a wealth of untapped potential lying within them. The individuals possessing that latent talent, often feel under-utilised and unfulfilled. By providing participants with a framework to explore the power they possess to explore previously unrecognised opportunities, address their mindset and their actions, this course is intended to motivate, empower. Through examination of the five Cs, delegates will begin to see how much more choice and possibility there is surrounding them.
Audience	Suitable for all
Capacity	Approximately 12 - 16
Duration	Available as either a half day or full day (recommended) session
Mode of delivery	Face to face
Learning Outcomes	Delegates will be able to: <ul style="list-style-type: none"> • Identify the importance of mindset in personal and professional growth and attainment, and assess their current approaches • Explore how curiosity can be utilised to reframe situations and seek opportunities from even the most challenging circumstances • Recognise the power of owning their choices, including where they place their focus • Differentiate between factors they can and cannot control and effective strategies to deal with each • Appraise gaps in courage and confidence, and implications for making progress as a result • Construct a simple and effective introductory action plan, to transfer the learning from the training, to the workplace and beyond
Additional Information	Course content and focus can be tailored to individual needs and preferred duration.
Category	Wellbeing and Business Skills