

Courage Training

COURSE CONTENT

GET IN TOUCH



Multisoft Systems
B - 125, Sector - 2, Noida



(+91) 9810-306-956



info@multisoftsystems.com



www.multisoftsystems.com

About Multisoft

Train yourself with the best and develop valuable in-demand skills with Multisoft Systems. A leading certification training provider, Multisoft collaborates with top technologies to bring world-class one-on-one and certification trainings. With the goal to empower professionals and business across the globe, we offer more than 1500 training courses, which are delivered by Multisoft's global subject matter experts. We offer tailored corporate training; project Based Training, comprehensive learning solution with lifetime e-learning access, after training support and globally recognized training certificates.

About Course

Multisoft System's Courage Training program is a cutting-edge initiative aimed at equipping individuals with the mental fortitude and confidence needed to navigate the complexities and challenges of the modern professional landscape.

Module 1: Introduction to Courage

- ✓ Understanding Courage
- ✓ Facing Fears
- ✓ Mindset

Module 2: Building Courage

- ✓ Positive Self-talk
- ✓ Embracing Emotions
- ✓ Building Resilience

Module 3: Courage in Action

- ✓ Mind-Body Connection
- ✓ Values in Action
- ✓ Physical Challenges

Module 4: Forgiveness & Courage

- ✓ Understanding Forgiveness
- ✓ Encouraging Self-Forgiveness
- ✓ Embracing Self-Compassion

Module 5: Whole being Session

- ✓ The SPIRE framework
- ✓ Self-assessment Tools
- ✓ Values and Strengths

Module 6: Comfortable in Uncomfortable

- ✓ Embracing Discomfort
- ✓ Innovative Thinking

- ✓ Courage in Creativity

Module 7: Embracing Your Courage

- ✓ Celebrating Growth
- ✓ Reflecting and Committing