

Confidence is the driving force behind all of our experiences with success, therefore, understandably the most successful people living in our society are the most confident people. Unfortunately, confidence is something very few people possess which can be evidenced by the amount of underachievement in our society, the need of most people to be approved by others and the things most people are prepared to do to go about getting that approval.

Low Confidence can also be demonstrated to be very prevalent in our society by mans' obsession with power, wealth and status i.e. his socio-economic position in society. Too many people are trying to be the same thing i.e. someone with power, status and wealth when what people should really be doing is being themselves, but as mentioned this requires confidence.

Trying to be like everyone else for the sake of getting others approval stops us from getting to know our true selves, preventing us from discovering our talents, resulting in talent going to waste. The first step to success is to break free from the shackles of need to be approved by others and instead be happy with our true selves, which requires one to be truly confident.

We live in the western world where unfortunately from a young age we have been encouraged to think negatively about ourselves from others, thus, damaging existing confidence and preventing the development of future confidence. This has been done for the benefit of capitalism as a low confident nation is an easily exploitative nation. This low confidence has unfortunately had transferable effects on our career development, the achieving of any life goal that has been of great importance to us, as well as, our morale and self- esteem.

Cognitive Harness can help you build your confidence and undo the negative self- talk that has been installed in you from a young age and instead replace it with a self praiser that will boost confidence, morale and self esteem and enable you to work towards the achieving of any desired goal that you are currently working towards achieving. Our sessions will involve exercises for you to take home and practice and for you to keep us up to date with how your confidence , morale and self- esteem is developing.

**AS AN ALTERNATIVE TO A CONSULTATION YOU CAN ATTEND OUR 'CONFIDENCE BUILDING WORKSHOP' THAT YOU WILL FIND INFORMATION ON UNDER OUR 'PUBLIC COURSES' OPTION ON OUR HOMEPAGE MENU**