



CONFIDENCE
It is all about
You !

Do you want to be a **CONFIDENT** person?

As part of Ahlia's drive to further develop their students and distinguish its graduates, this extra-curricular program is to help you build your self-confidence.

"People who have confidence will not experience anxiety in every action, can feel free to do the things they like and are responsible for their actions, warm and polite in interacting with others, can accept and respect others, have the drive to achieve and can recognize their strengths and weaknesses" **Chandra, Wibowo, and Sunawan**

The focus of the program

Session one: Discovering your abilities

- Soft skills
- Other skills
- Achievements

Session two: Being professional

- Show productivity
- Demonstrate integrity
- Develop resilience and effective habits

Session three: Promoting yourself

- Develop your personality
- Know your unique strengths
- Use all available communication channels

Session four: Public speaking

- Know your topic
- Visualize confidence
- Understand the techniques of tone, volume, speed, and breathing breaks
- Know your audience

Session five: Time management

- Identify time wasters list
- Plan ahead
- Delegate

Session six : Report writing

- Identify main ideas and sub-topics
- Research for facts
- Outline and organize

Session seven : Keep yourself up to date

- Invest in continuing education and professional certifications
- Who to follow on social media
- Learn creative engagement

Session eight: Good citizen

- Volunteering
- Protect the environment
- Take responsibility for your actions

You are an *ESSENTIAL* part of the program!

Please visit the below link for registration

<https://www.ahlia.edu.bh/>

Who is eligible?

- Undergraduate students
- With a minimum GPA of 2.75

Upon the completion of the program, registered students will be given:


- A certificate
- Two A credits (who attend all sessions)

Contact

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I can 
Do it!



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