



# Leading with Confidence

23 - 27 Mar 2026  
Cape town



# Leading with Confidence

**Ref.:** 103600287\_31097 **Date:** 23 - 27 Mar 2026 **Location:** Cape town **Fees:** 6000 **Euro**

## Course Overview

The course is designed for professionals looking to master confident leadership and essential communication skills for success in today's competitive business environment. Participants will build confidence in business communication, enhance their leadership presence, and learn to project confidence in meetings.

This course offers practical exercises, real-world scenarios, and interactive workshops that empower individuals to communicate effectively with their teams and senior management and deliver impactful presentations. Key topics include public speaking, persuasive communication, and techniques for influencing stakeholders while developing self-confidence.

## Target Audience

- Team Leaders & Supervisors
- Mid-level Managers
- Project Managers
- Senior Executives
- Department Heads
- Aspiring Leaders

## Targeted Organizational Departments

- Human Resources
- Sales & Marketing
- Operations & Logistics
- Project Management
- Customer Service
- Strategy & Business Development
- Corporate Communications

## Targeted Industries

- Corporate Services
- Oil & Gas
- Government & Public Sector
- Healthcare & Pharmaceuticals
- Financial Services & Banking
- Retail & E-commerce
- Manufacturing
- Technology & Telecommunications
- Consulting & Professional Services

## Course Offerings

By the end of this course, participants will be able to:

- Master confident leadership techniques to inspire and lead teams effectively
- Deliver business presentations with confidence and clarity
- Develop leadership presence training for boardroom credibility
- Apply assertive communication in leadership for challenging situations
- Use business storytelling for leaders to persuade and motivate
- Project confidence in meetings with senior management
- Overcome nerves in public speaking for leaders
- Manage conflict communication skills for leaders effectively
- Build personal leadership credibility skills and leadership profile
- Sell change and unpopular policies with confident leadership skills

## Training Methodology

The course offers an engaging approach to deep learning and practical application. Participants will engage in workshops featuring case studies, role-playing, and real-life scenarios related to current leadership challenges.

## Course Toolbox

- Course ebook
- Presentation Templates & Checklists
- Case Study Compendium
- Self-Assessment Confidence methods
- Leadership body language training guide
- Recommended Reading List on Confident Leadership Techniques
- Access to Online Resource Library articles, videos, and examples of professional communication skills for leaders

## Course Agenda



## **Day 1: Building a Confident and Credible Leadership Image**

- **Topic 1:** Understanding the Foundations of Self-Confidence in Leadership
- **Topic 2:** Breaking Out of the Comfort Zone to Unlock Leadership Potential
- **Topic 3:** Overcoming the Fear of Public Speaking for Leaders
- **Topic 4:** Self-Perception and Its Direct Impact on Leadership Credibility
- **Topic 5:** Enhancing Leadership Presence Through Body Language Techniques
- **Topic 6:** Raising Your Profile and Establishing a Confident Leadership Brand
- **Reflection & Review:** Personal Confidence Audit and Self-Reflection on Leadership Identity

## **Day 2: Mastering Assertive Communication for Leaders and Teams**

- **Topic 1:** Running Effective and Engaging Meetings with Confidence
- **Topic 2:** Structuring and Delivering Business Presentations with Authority
- **Topic 3:** Managing Nervousness When Speaking to Groups or Senior Executives
- **Topic 4:** Responding Assertively to Challenging Questions from Senior Leadership
- **Topic 5:** Building Credibility and Rapport During Business Presentations
- **Topic 6:** Selling Yourself, Your Ideas, and Your Organization with Confidence
- **Reflection & Review:** Group Feedback and Real-Time Evaluation of Communication Styles

## **Day 3: Assertive Communication and Influential Leadership Techniques**

- **Topic 1:** Using Business Storytelling to Inspire and Motivate Teams
- **Topic 2:** Crafting Powerful Analogies to Reinforce Key Messages
- **Topic 3:** Presenting Data and Evidence to Persuade Senior Stakeholders
- **Topic 4:** Increasing Personal Power and Leadership Charisma in Conversations
- **Topic 5:** Balancing Assertiveness and Approachability in Leadership Communication
- **Topic 6:** Understanding Inclusive vs. Exclusive Language in Team Dynamics
- **Reflection & Review:** Personal Influence Assessment and Group Coaching Session

## **Day 4: Communicating with Passion, Purpose, and Presence**

- **Topic 1:** Developing Passionate Delivery Techniques for Maximum Impact
- **Topic 2:** Navigating Conflict Situations with Courage and Assertiveness
- **Topic 3:** Breaking Through Personal and Professional Comfort Zones
- **Topic 4:** Expanding Your Communication Range to Fit Different Audiences
- **Topic 5:** Crafting Powerful Closes That Inspire Action and Commitment
- **Topic 6:** Becoming a Magnetic Leader Who Radiates Confidence and Positivity
- **Reflection & Review:** Passion and Presence Coaching with Peer and Facilitator Feedback.



## Day 5: Enhancing Leadership Credibility, Influence, and Visibility

- **Topic 1:** Presenting Yourself with Confidence and Professionalism to Senior Leaders
- **Topic 2:** Effectively Selling Change and New Initiatives to Resistant Teams
- **Topic 3:** Gaining Buy-In for Unpopular or Difficult Decisions
- **Topic 4:** Strategies for Making Yourself Memorable as a Leader
- **Topic 5:** Creating a Lasting Leadership Brand That Inspires Trust and Respect
- **Topic 6:** Final Speaking Challenge - Demonstrating Confident Leadership and Assertive Communication
- **Reflection & Review:** Personal Action Plan for Ongoing Development and Career Impact

## FAQ

- **What specific qualifications or prerequisites are needed for participants before enrolling in the course?**

There are no strict prerequisites. This course is suitable for professionals at all levels looking to enhance their confident leadership techniques and assertive communication skills. Ideal participants include emerging leaders, managers, and experienced professionals seeking confidence-building training for managers.

- **How long is each day's session, and is there a total number of hours required for the entire course?**

Each day's session runs approximately 4-5 hours, with interactive exercises and breaks. The full Confident Leadership & Assertive Communication Skills Training Course spans 5 days, totaling approximately 20-25 hours.

- **How does this course help with overcoming the fear of public speaking?**

This course offers practical strategies from leadership public speaking workshops, teaching participants how to manage nerves in presentations, build confidence step-by-step, and leverage confident speaking techniques to speak with clarity and authority in any setting.

## How This Course is Different from Other Confident Leadership & Assertive Communication Skills Training Courses

The course combines confident leadership training with tailored assertiveness training for leaders. It focuses on key areas such as public speaking, persuasive communication, and business storytelling, offering practical workshops that equip participants with effective speaking techniques for real-world situations.



**AGILE LEADERS**  
Training Center



## Training Course Categories



**Finance and  
Accounting Training  
Courses**



**Agile PM and Project  
Management Training  
Courses**



**Certified Courses By  
International Bodies**



**Communication and  
Public Relations  
Training Courses**



**Data Analytics Training  
and Data Science  
Courses**



**Environment &  
Sustainability Training  
Courses**



**Governance, Risk and  
Compliance Training  
Courses**



**Human Resources  
Training and  
Development Courses**



**IT Security Training & IT  
Training Courses**



**Leadership and  
Management Training  
Courses**



**Legal Training,  
Procurement and  
Contracting Courses**



**Maintenance Training  
and Engineering  
Training Courses**





# Training Course Categories



**Marketing, Customer Relations, and Sales Courses**



**Occupational Health, Safety and Security Training Courses**



**Oil & Gas Training and Other Technical Courses**



**Personal & Self-Development Training Courses**



**Quality and Operations Management Training Courses**



**Secretarial and Administration Training Courses**





**AGILE LEADERS**  
Training Center

## Training Cities



**Accra - Ghana**



**Amman - Jordan**



**Amsterdam - Netherlands**



**Athens - Greece**



**Baku - Azerbaijan**



**Bali - Indonesia**



**Bangkok - Thailand**



**Barcelona - Spain**



**Cairo - Egypt**



**Cape town - South Africa**



**Casablanca - Morocco**



**Chicago - USA**



**Doha - Qatar**



**Dubai - UAE**



**Geneva - Switzerland**



**Istanbul - Turkey**

## Training Cities



**Jakarta - Indonesia**



**Johannesburg - South Africa**



**Kuala Lumpur - Malaysia**



**Langkawi - Malaysia**



**London - UK**



**Madrid - Spain**



**Manama - Bahrain**



**Milan - Italy**



**Munich - Germany**



**Nairobi - Kenya**



**Paris - France**



**Phuket - Thailand**



**Prague - Czech Republic**



**Rome - Italy**



**San Diego - USA**



**Sharm El-Sheikh - Egypt**



**AGILE LEADERS**  
Training Center

## Training Cities



**Tbilisi - Georgia**



**Tokyo - Japan**



**Trabzon - Turkey**



**Vienna - Austria**



**Zanzibar - Tanzania**



**Zoom - Online  
Training**



# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



**AGILE LEADERS**  
Training Center

## CONTACT US

 UAE, Dubai Investment Park First

 +971585964727  
+447700176600

 [sales@agile4training.com](mailto:sales@agile4training.com)