

## Emotional Agility - The Key to Building Confidence with Gilda Scarfe

# COURSE

In today's dynamic world, developing emotional agility is crucial for building confidence and resilience. Gilda Scarfe's course, "Emotional Agility - The Key to Building Confidence," offers practical strategies to enhance mental toughness and well-being.



### About This Course

This insightful session focuses on:

#### **Understanding Emotional Agility:**

Exploring the concept and its significance in personal and professional growth.

#### **Building Confidence:**

Learning techniques to navigate emotions effectively, leading to increased self-assurance.

#### **Enhancing Mental Toughness:**

Implementing evidence-based strategies to develop resilience in the face of challenges.

#### **Promoting Well-being:**

Adopting practices that contribute to overall mental and emotional health.

Participants will gain actionable insights to apply in various aspects of life, fostering personal development and well-being.

#### **About the Presenter:**

Gilda Scarfe is the CEO and Founder of Positive Action UK, a leading company that utilises research to develop, implement, and evaluate programs focusing on mental toughness, well-being, and resilience in schools. With degrees in Philology, Law, and Positive Psychology, and over 15 years of experience facilitating in business performance and educational contexts, Gilda specialises in creating evidence-based curricula that make a meaningful impact. She has been instrumental in implementing Positive Psychology and Education strategies in several UK grammar schools and supports initiatives promoting Positive Education. Gilda is also a global ambassador for the International Positive Education Network (IPEN), advocating for the seamless integration of positive education into curricula for students, families, and staff.



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### Why This Course Will Benefit You:

Engaging in this course offers several advantages:

- **Improved Emotional Management:** Learn to navigate emotions effectively, leading to better decision-making and relationships.
- **Increased Confidence:** Develop self-assurance through practical strategies that enhance emotional agility.
- **Enhanced Resilience:** Build mental toughness to handle adversity and bounce back from challenges.
- **Holistic Well-being:** Adopt practices that promote overall mental and emotional health.

By participating, you'll acquire valuable tools to navigate life's challenges with resilience and positivity, leading to personal and professional growth.

