



Workshop Abstract

Building Unbreakable Confidence

Confidence is the fuel for success. Take two teams with equal skill and the more confident team will win every time. In this workshop participants of any level of confidence will learn how to increase their self-assurance.

Our Workshop

In this interactive session participants will:

- ✓ Learn the difference between confidence and arrogance
- ✓ Gain insight into confidence drainers
- ✓ Take the “Confidence Test” to determine their best path to greater confidence
- ✓ Learn mental strategies for increasing confidence
- ✓ Practice creative emotional approaches for building confidence
- ✓ Gain insight into the role of current relationships on their self-beliefs
- ✓ Learn key behaviors and actions necessary to excel
- ✓ See the role of life purpose and mission in developing greater confidence

All participants will leave empowered to take their confidence to the next level.

For further information on these sessions feel free to contact us at Advantage Coaching & Training, Inc., 122 N. Wheaton Ave., Wheaton, IL 60187; phone: (630) 293-0210; email: info@advantagecoaching.com.