

COACHING FOR CONFIDENCE



ThriveWise
SOLUTIONS LLC

WHEN YOU HAVE CONFIDENCE, YOU CAN DO ANYTHING!

Define individual confidence and success. Focus on building confidence and hushing the inner critic with exercises, an action plan, and engaging resources.

A quick confidence boosting "Lunch & Learn" program for anyone

WORKSHOP DETAILS

Target audience

- Early career
- Anyone!

Time investment

- no prep work
- 1 x 1-hour workshop
- Post-workshop discussion or coaching

Workshop format

- Live classroom
- Virtual classroom

Workshop features




- Easy process for creating personal definition of confidence and success
- Fast and fun exercises to encourage participant engagement
- Designed to be practical, interactive, and memorable




LEARNING OBJECTIVES

Workshop participants will ...

- Learn to define confidence and success in their own words.
- Hush the inner critic! Understand what is confidence and what is not
- Identify what a lack of confidence feels and looks like, and how it impacts personal approach, growth, and results
- Build the foundation for boosting confidence, internally and externally
- Accelerate and enable increased confidence through a personal action plan



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