

Success and Confidence Workshops

"An average person with average talent, ambition and education can outdo the most brilliant genius in our society, if that child confidently believes in themselves."

Week 1: Confidence Basics



Monday:

We'll lift the fog that has been hiding your essence and place our focus on what you've got rather than what you don't.

Wednesday:

This session looks at how to appreciate what you've got on the inside and draw attention to it like you're the person of the year!

Friday:

Body talk! Believe it or not, you're body is speaking for you when you're not. Here's where you'll learn how to let your body say what you want to feel...successful and confident!

Week 2: Problems

Monday:

*Learn how to **solve or manage** any problems in your path so that you can continue to move forward and stay focused on success.*

Wednesday:

Your mind is like a computer that you program for less stress and more success! Learn top visualizations and relaxation techniques for getting rid of your stress.

Friday:

Armour Up! Prepare an endurance plan for the inevitable "bad" days that will strike everyone from time to time.



Week 3: Relationships



Monday:

Can your relationships be better? You'll get the tips that make the difference!

Wednesday:

Deal breakers! You choose where to set the bar.

Friday:

Learn how to make your relationships more meaningful and the top tips and phrases that help extinguish conflict.

Week 4: Taking Control!

Monday:

*You've already got the power with all things that you currently control. In this session you will become far more empowered by learning how to accept the things you **can't** control.*

Wednesday:

You will be taught to recognize and understand the things that trigger self-doubt and then learn how to immediately regain a secure and confident feeling.

Friday:

Hello Happiness! We'll look at attaining genuine happiness.



Week 5: Staying Pumped!

Monday:

Having a goal is the best way to catapult to the top of the heap so in this session we'll form and launch your goals.

Wednesday:

You have arrived! In the past five weeks you've learned how to put "it" all together to create a package that you are proud to wear. You're the package, let's wrap it up!

Friday:

Design your future as if you are on your way to a "come as you are party"...only it's in 5 years from now! Let's take a peek at where you want to be!

