



Building your Confidence with Leadership Embodiment practices!

Building Confidence:

Confidence is like a muscle. If we don't spend time building the muscle, we won't be able to use its strength. The key is finding confidence building workout exercises that work for you.

We believe everyone has the innate capacity to be confident and we can build on that capacity. We need techniques and practices that help us grow our confidence and willingness to speak up for what is important.

One definition of confidence is: Confidence - State of trusting that a belief or course of action is correct.

This program will offer:

- At home practices and techniques to help strengthen the qualities and ways of action that build confidence.
- Practical application and real time strategies for work and everyday life.
- Confidence declaration exercises.
- Make your own practice plan handouts.

The Build Your Confidence program is an accessible practice and application driven program with interactive exercises and built in Q&A discussions. We invite participants that are new to the LE work or have attended any of our courses to join us for this fun and applicable program!

Suggested program session time is a 90 min virtual zoom webinar.

Please contact our office with any questions you may have. We look forward to working with your organization.

Leadership Embodiment

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