LIVE EVENT

2 or 4 HOUR WORKSHOP

Bloom
PERSONAL BRANDING

MASTERING CONFIDENCE

SCIENCE-BACKED STRATEGIES FOR SUCCESS

Treva Graves, M.A.

ACI Certified Confidence Coach & Personal Brand Expert

REGISTER NOW!

During this workshop, Treva will cover a wide range of topics related to understanding brain science and social secrets to have authentic confidence right now! You will learn ways to overcome fear, failure and rejection including imposter syndrome, with life-changing results. Through engaging discussions and hands-on activities, Treva takes you through an evidence-based presentation to gain a comprehensive understanding of the factors that contribute to genuine confidence.

For more info: treva@bloompersonalbranding.com

"Confidence isn't a result - it's a requirement for personal and professional success."

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ARE YOU READY TO FEEL CONFIDENT EVERY DAY?

Welcome to Mastering Confidence -Science Backed Strategies for Success workshop! In this interactive session, we will explore the fascinating world of confidence and delve into the science behind it. Whether you're looking to defeat imposter syndrome, boost your self-esteem, improve your public speaking skills, or simply gain a deeper understanding of what confidence truly means, this workshop is designed to provide you with valuable insights and practical strategies.

Who is this workshop for?

This workshop is an excellent opportunity for individuals who are looking to enhance their confidence levels. It is ideal for HR professionals, business and sales executives, entrepreneurs, coaches, and speakers who are seeking career advancement, starting a business, or looking to improve their own self-assurance and coach their employees. The workshop offers valuable insights and practical tools that can benefit everyone.

Key takeaways

- **Understand the science behind confidence and its impact on personal growth.**
- **Identify common misconceptions about confidence and overcome them.**
- **Stay calm & in control by proactively managing confidence challenging situations.**
- **Amplify your influence and impact by authentically conveying credibility & trust.**
- **Learn how to project confidence through body language, vocal tone, and speech.**
- **Boost your energy & engagement by reducing stress of indecision and overwhelm.**
- **Gain insights into the role of mindset, resilience, and positive self-talk.**
- **Develop an action plan for applying newfound confidence in real-world situations.**
- **Help others be their best by knowing how to better motivate and informally coach other people!**

Unlock the key ingredients

Join me for Mastering Confidence - Science Backed Strategies for Success and embark on a transformative journey towards unlocking your full potential!

605-679-7749

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