



THE CONFIDENCE MAKEOVER

Projecting A
Powerful Presence
People Will Remember

The Confidence Makeover ©

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COURSE INTRODUCTION



If you're like most people, you sometimes enjoy rock-solid confidence, while in other situations, you are filled with self-doubt and uncertainty. These varying feelings are normal and have to do with how your confidence was developed.

The fact that your self-confidence can come and go should get you excited. It reveals that this is a feeling you can change and grow. There are things you can do to give yourself more confidence, especially in social situations, so you

leave a positive, lasting impression and command respect in any environment.

That's what this course was designed to teach you.

Module 1 walks you through understanding confidence. To take ownership of any character trait, you must understand its development and why it matters. We'll share that critical information with you and look into the origins of any insecurities you may have.

Confidence is primarily a choice. It is a mindset you can embrace. Module 2 will show you how to use visualization, positive self-talk, and personal affirmations to bolster self-confidence.

Module 3 shows you how competence and confidence rely upon each other. If you do something well on a regular basis, you are confident you can perform that action at a high level at any time. The reverse is also true.

The more confidence you develop, the more likely you are to try new things. These new experiences increase your skill level and boost your confidence.

Since your confidence level is not just felt internally but also something others see, module 4 shows you how to radiate confidence with silent body language. There are ways to use your voice, posture, and gestures to convey a powerful and self-assured attitude. How you dress can also affect your feelings about yourself and how others perceive you. You really can "dress for success".

By the end of this course, you will feel comfortable and confident in social situations. You'll know how to command respect and leave a positive impression wherever you go.

Each module contains actionable exercises and strategies to bolster self-confidence while you effortlessly broadcast a self-assured and capable personality. You will learn how to gauge your current level of confidence and also how to quickly embrace greater self-assuredness and belief in yourself.

If you're ready, let's get started.