

# Everyday **CONFIDENCE COACHING**

## ACI Coaching Certification Program



**1-day Workshop (includes ACI Confidence Coaching Certification)**

***Delivered Onsite or Virtually***

Confidence increases both individual and team productivity. It creates a culture that supports innovation and trust.

According to a Predictive Index 2018 study, confidence is one of the top 3 traits employees seek in and from their managers. In 2019, TopInterview ranked confidence as the #1 trait employers seek in their employees.

***Anyone can learn how to be a confidence coach. There is no greater purpose or way to have sustainable impact.***

Critical to understanding the opportunity and responsibility as a confidence coach, workshop participants will clarify and calibrate true confidence. ACI's brain science-based tools & techniques will be used together with real-world role plays. Participants will leave fully equipped and confident to be a highly impactful, everyday confidence coach.

***Participants additionally obtain ACI Coaching Certification by passing the online exam.***

### Attendee Outcomes:

- **Help others be confident in themselves** – *know how to effectively and safely coach confidence*
- **Be a more authentic leader, mentor and role model** - *naturally convey & inspire confidence*
- **Better manage difficult people and situations** – *understand and apply strategies to reduce contention as well as stress, frustration, and fear.*

### ***Content endorsed by leading experts at:***

- Harvard Business School & Medical School
- MIT Entrepreneurial Center
- MIT Executive Education
- Wharton Executive Education
- Wharton Neuroscience
- UPenn Innovation Center
- UC Berkeley Executive Ed Advisory Board
- HY & Diversity leaders at Staples, Yale, et al
- Executive coaches, & talent optimization consultants
- Bestselling authors, top speakers, and respected CEOs



[Watch the TEDx](#)

*"...The course content was stimulating, and the delivery was extremely empowering. This course is a must for anybody working with confidence – in other words, for everybody..."*

Tim Perris  
ACI Certified Confidence Coach



American**Confidence**Institute.com



# American Confidence Institute

Clients include:



**Alyssa Dver**

**Chief Confidence Officer & CEO**

**Author, "Confidence is a Choice: Real Science. Superhero Impact."**

*See all past & upcoming engagements*

- **TEDx speaker**, Recognized by Boston's Best Speakers, trained/coached 350,000+ individuals
- **7-time author, blogger, media go-to expert**, & podcast co-host: **"In Confidence: Face Your Workplace"**
- **MIT Trust Center Professional Advisor**; lecturer & coach at UPenn/Wharton Innovation Center
- Founder & Chair for the employee diversity & inclusion association **ERG Leadership Alliance**
- Former Chief Marketing Officer for tech and HR companies; 5-time Founder/CEO; active Board member
- Judge for annual Stevie's Awards for Best Employers & Women in Business



## Curriculum

- Defining Confidence: what it is, and what it is not
- Confidence Brain Science & Meta-Confident Thinking
- Confidence Villains & Kryptonite
- Confidence Quotient (CQ) Assessment
- Identifying Values, Needs, & Wants
- Mastering Mindset
- Taming Triggers and Overriding Autonomic Responses
- Communicating Confidence verbally and non-verbally
- MetaConfidence & making confident decisions
- What makes a good or bad coach/coachee?
- Coaching Do's & Don'ts
- ACI Coaching Roadmap
- ACI Coaching Playbook
- Coaching Role Plays
- Coaching Certification Exam (done online anytime after class completed)
- Certificate & Credentialing (sent upon passing exam)



*"...I thought my confidence was high before the class but figured I had nothing to lose...The courses was phenomenal and gave me a formal scientific-based understanding of what confidence was for me and my clients..."*

ACI Certified Confidence Coach  
*Karen Donaldson*



*"...I really liked the format and that it was based in neuroscience...I loved getting a comprehensive set of holistic tools."*

ACI Certified Confidence Coach  
*Jody Kennett*

## Why is this training effective?

- Everything is backed by science, data, and recognized experts.
- Thoughtfully-placed interaction keeps participants engaged while also giving peer perspectives.
- Real-world role plays effectively apply learnings, so participants leave immediately empowered.
- Participants appreciate the value in all aspects of work **and** overall life.