

Self Coach Your Own Confidence

Use a simple, science-based pro playbook

½ day WORKSHOP



Delivered Onsite or Virtually

Appropriate for any industry, role, level, experience, gender, and age.

A professional life or business coach can help build or rebuild your confidence when eroded by life's continuous challenges. However, it may not be possible or desired to hire a coach all the time – but you can coach yourself!

Anyone can use ACI's simple brain science-based coaching process.

Learn how to identify confidence problems, fears and solutions to conquer whatever confidence kryptonite is holding back your happiness, satisfaction, and success.

Attendee Outcomes:

- **Know how confidence works** – gain an accurate understanding of what confidence is – and is not.
- **Pinpoint confidence roadblocks** – know the 3 fears that prevent confident decisions and actions.
- **Use ACI's Expert Coaching Playbook** – learn the 6D questions to unlock confidence incredibly quickly.
- **Be Fully Prepared** – get a complete toolkit and immediate experience through real world role plays.



Content endorsed by leading experts at:

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



"Anyone that wants to lead or simply live well should embrace this training. It's not just fascinating but you will immediately strengthen your own and other people's confidence."



Joe DiLorenzo
Former CFO & SVP Admin, **Boston Celtics**
Honorary Life Member, **Financial Executives International**
President, **MD Group Consulting**



Alyssa Dver

America's Confidence Coach



Clients include:



[See additional client list](#)



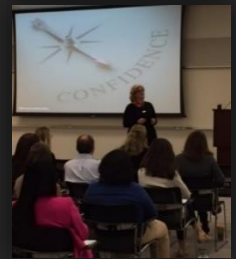
[Watch the TEDx](#)

- Founder & CEO, American Confidence Institute
- STEVIE® Award for Achievement in Thought Leadership
- TEDx speaker, a Boston Best Speaker, trained/coached 350,000+ individuals
- 7-time award-winning author, Thrive Global contributor, blogger, & podcaster, “Real Confidence”
- MIT Trust Center Professional Advisor; lecturer & coach at UPenn/Wharton Innovation Center
- Founder & Chair, ERG Leadership Alliance – leading association to enable more inclusive workplaces
- Former Chief Marketing Officer for tech & HR companies; 5-time Founder/CEO; active Board member



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.
- Hands-on exercises effectively apply learnings, so participants leave immediately empowered.
- Participants appreciate the value in all aspects of work **and** overall life.



[Click to watch sample speaking video](#)



“Confidence is at the heart of engagement and productivity. This is must-do training for any company that is serious about professional development.”

Lawler Kang
Former Head of People, **Rue La La**
CEO, **League of Allies**



“Discovering the effects of neuroscience and confidence is eye-opening. I highly recommend Alyssa for anyone looking to instill change and positive momentum for their organization.”

Jae-Lyn Hecht
Commercial Services Leader, **IBM**



“Alyssa, I cannot say how much you impacted and inspired me last week in NYC. Since then, I've been spreading your nuggets of wisdom around to everyone who will listen. I literally pulled out your worksheet today and pointed to the brain diagram while talking to someone this morning. I'm so grateful to have met you.”

Kate Smith
Preconstruction Manager
Gilbane Building Company



“Alyssa’s unique style of balancing neuroscience with her personal experiences in building confidence brought home relevant concepts for attendees to apply to their professional and personal lives. It was a captivating presentation that had our attendees engaged and inspired!”

Phil Bongiorno
VP, Policy and Government Relations
Academy of Managed Care Pharmacy