

# Unlocking Real Confidence

Learn the Science, Secrets & Key Skill for Success

1 hour KEYNOTE



Delivered Onsite or Virtually

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

Confidence fuels motivation, leadership, and well-being. It enables us to be resilient, focused, fearless, and to live without regret.

**Confidence the key to attracting and achieving what you want – and who you want to be.**

Despite what we are taught, confidence isn't something you get vicariously, by faking it, or by working harder. It's a learned skill that typically takes a lifetime to unlock.

**What's the key?**

It's knowing the unique combination of basic brain science and social secrets that together open real confidence, right now.

## Attendee Outcomes:

- **Get Clarity** – understand what confidence precisely is to more efficiently get it.
- **Gain Control** – be able to drive confident thinking and desired behavior.
- **Be Prepared** – recognize everyday confidence kryptonite and villains that compromise confidence.
- **Feel Comfortable** – confidently contribute, lead and coach yourself and others!

## 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 of Admin, **Boston Celtics**  
Honorary Life Member, **Financial Executives International**  
President, **MD Group Consulting**



**Alyssa Dver**

*America's Confidence Coach*



Clients include:



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- 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.
- Real-world role plays effectively apply learnings that empower participants immediately and forever.
- Participants appreciate the value in all aspects of work and overall life.



[Click to watch sample speaking video](#)



*"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



*"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



*"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