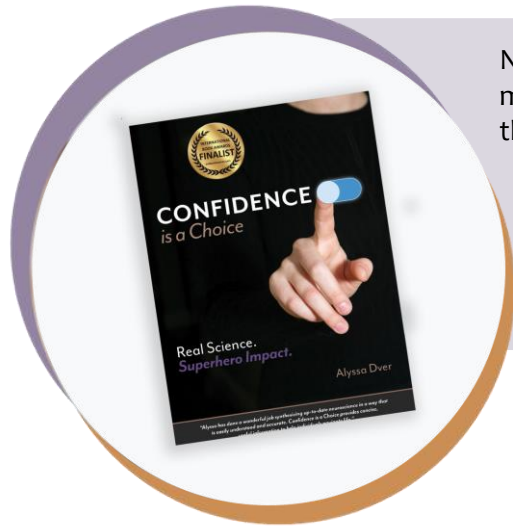




2 hour workshop - One Pager

How to Coach Confidence



No coaching experience necessary! Anyone can learn this powerful 15 minute coaching methodology that helps others overcome confidence challenges. In partnership with the American Confidence Institute (ACI); accredited by ICF and SHRM.

What they'll learn

- How to effortlessly motivate and inspire others
- Increase management influence
- Unlock talent potential

"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
Boston Celtics

"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."



Kate Smith,
Preconstruction Manager
Gilbane Building Company

Curriculum

1. **The Science of Confidence** – Understand how confidence works in the brain and impacts everyone's behavior.
2. **American Confidence Institute (ACI) Coaching Playbook** – Learn a 15-minute method to resolve confidence challenges.
3. **Real-World Role Plays** – A safe way to practice and be fully prepared to immediately coach others.
4. **ACI Confidence Coach Certification** (optional, add'l fee) – Participants attend a small group, virtual 3-hour ACI practica.



Endorsed by leading experts:

- 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

Uniquely applicable professional – AND personal – development!



Keynote & Workshop Primary Facilitator*

Alyssa Dver

ELA Founder & Chair



Confidence Crusader • Neuro Nerd • Success Equalizer

Her unique skill set:

- Corporate executive, entrepreneurial and ERG experience
- Certified, professional presenter & educator, trained 500k+ individuals
- Engaging, relatable & authentic

Over 100 recommendations on Alyssa's LinkedIn

Alyssa is fantastic! She recently spoke at Staples for the 3rd time, and was insightful, engaging, and even incorporated a great dose of humor. Her talks have a great balance of personal and relatable experiences and well as science-backed data. Many attendees came up to her afterwards to share how her message had a significant impact on them.



Tom Bourdon
VP DEI
BigCommerce & formerly Staples

"If you're seeking an informed speaker passionate about leading ERGs, look no further than Alyssa. Her strengths include subject matter expertise, anticipating the needs of audience members especially in a virtual environments, storytelling, speaking to audiences of varying levels of work experience and knowledge - and inspiring others to learn more."



Kyra Leigh Sutton, Ph.D.
Faculty
Reuters & Ohio State University

Bio

- Founder & CEO, American Confidence Institute
- 8-time author of highly endorsed books
- 2-time TEDx speaker
- Podcast host of "Real Confidence"
- L'Oréal IT Cosmetics Confidence Educator
- Stevie Award for Thought Leadership
- MIT Entrepreneurial Center Advisor & Wharton Innovation Center Instructor
- Former Chief Marketing Officer - internationally based, public & private companies

* All leader Blueprint trainings and most Learning Labs are delivered by ELA Certified ERG Expert Trainers