

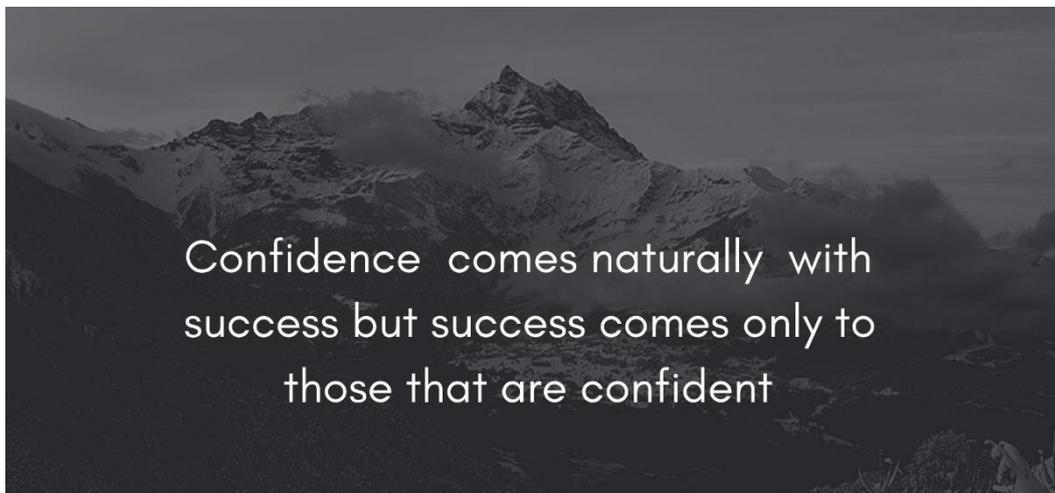
## Six-week Confidence Course - Overview

**Title:**

*Building your Confidence for Success*

**Duration:**

Six weeks, approx. one hour per week with the coach, and 1-2 hours of “homework” for the client to complete in-between sessions (but don’t worry, this isn’t like school). The 6<sup>th</sup> session is a “Recap, Review and Reinforce” session, bringing together all that you have learnt so that you can keep progressing with your confidence building after the course – after all, you’re going to want to keep building on this without me being physically present week to week right?



**What is this course about?**

Studies confirm that those with a strong level of confidence make more money, have better relationships and enjoy personal and professional success more than those who lack confidence. And who doesn't want that!

The great thing about this six-week course is that it is bespoke to you based on your pre-assessment questionnaire. This is going to transform you in to the person you want to become. In this short but life changing course, you are going to learn the skills, techniques and tips to change your habits and thought patterns, which will empower you to become more confident. This is not just a course that will make you feel better at the end of the six weeks but will enable you to continue to grow and use what you have learnt in our time together, so you can carry on with your confidence journey afterwards.

This is a course unlike any other.

Why? Because you're going to find content in the course you might not have expected (but it is actually crucial to your success), as well as new approaches and ways of thinking to what you currently have. I also add in research, neuro science and a touch of theory, as well my own experience and tried and tested methods!

### **Who is this course for?**

This course is designed for anyone lacking in confidence, or those who simply wish to be that more confident because they feel it is holding them back, in order that they can live the life they want and achieve their goals.

I know you can transform yourself and your life, but we all need support, help and the right tools given to us, and this course is the vehicle that will help you get from where you are now, to where you want to be. You can create your own future and write your own story. And this will help you.

This course is ideal for anyone who suffers from low self-esteem, is dwelling on past failures, gives too much weight to what other people say, feels overwhelmed, is paralysed by indecision and inaction, feels stuck in a rut, over-thinks, wants more presence, or wants to have the confidence to do the things they want to do.

### **What you will achieve from this course:**

- ✓ An understanding of the fundamental principles of confident people
- ✓ How to form positive habits to empower you to be more confident
- ✓ How to eliminate current bad habits that are holding you back (don't worry, we all have them)
- ✓ A change in your current thought patterns which will enable you to see things from a different perspective, ultimately empowering you
- ✓ An increase in your assertiveness
- ✓ A feeling of belonging and being included, resulting in positive, healthy relationships
- ✓ A new ability to speak up and be self-assured
- ✓ Improved mental and physical health
- ✓ Breaking away from needing the approval from others
- ✓ Being more competent at work
- ✓ Ability to make better decisions
- ✓ Ability to make progress towards your goals by knowing your objectives, planning and goal setting
- ✓ More confident body language and non-verbal cues
- ✓ Greater resilience if and when things don't go according to plan (because unfortunately life does throw us unexpected curve balls)

**Core modules are:**

1. Fundamental Principles of the Confident
2. Habits and Behaviours to be a More Confident You
3. Goal Setting and Planning for Success
4. Dealing with Adversity and Criticism
5. The 3 P's to Help you Become More Confident
6. Recap, Review and Reinforce

All my services and courses are designed to transform your life because I know that everyone has the ability to change and live the life they want to. I know my methods work because they are all based on my own experiences and have already helped numerous others!

They are tried and tested techniques that I have used, combined with scientific research. I have overcome my own issues which included a lack of confidence, anxiety, overwhelm due to my struggle to manage everything in my life and overcoming life's adversities, and now I am in a position where I am brave enough to be living the life I want.

I know this works.

I look forward to working with you,



Alice Dartnell Limited

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*"Alice's coaching was not just a transient, means-to-an-end, it's transformed the way I think and prioritise what I do... I can't believe what we achieved in just three or four sessions. I wouldn't hesitate to come back to Alice with any of my future goals!"*

Dr. Hayley Gorton

Pharmacist. Research Associate in pharmacoepidemiology. PhD. Lead for RPS Greater Manchester. Churchill Fellow 2018