

BRAIN POWERED CONFIDENCE™

THE 7 STEP ROADMAP TO BEAT SELF-DOUBT &
EXCEED YOUR AUTHENTIC POTENTIAL



IMAGINE

- Being 100% yourself with unstoppable Confidence
- Smashing through negativity & reaching your incredible potential
- Having deep belief in your capabilities
- Having a clear vision, and pathway for success

THE RESULTS

- The confidence, knowledge & self belief to get the career & life you want
- Clarity, determination & excitement to take your next step with confidence
- Better energy & boundaries
- Drive, decisiveness & direction



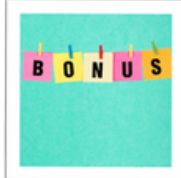
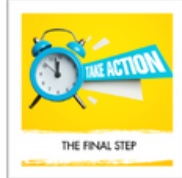
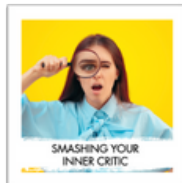
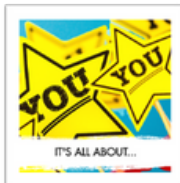
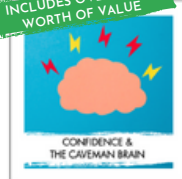
'Absolutely loved this course. Would recommend to anyone trying to get an inner understanding of how we can respect and adjust our behaviour, in line with our values and identity. Simple yet so powerful!'

Latoya, Digital Change & Learning Consultant / Coach

THE ESSENTIALS

- ✓ 7 Online Training Modules
- ✓ Practical Tools & Habits
- ✓ Based on research & science
- ✓ Videos, exercises, checklists
- ✓ Stunning Digital Workbooks
- ✓ Super concentrated, high-value & quizzes

INCLUDES OVER £4400
WORTH OF VALUE



- ✓ **PLUS 7 LIVE** Masterclasses Sessions and Group Coaching
- ✓ Lifetime 24/7 access to the Brain Powered Confidence Private Group for support & accountability
- ✓ Over 30 unique neuroscience-based tools and models
- ✓ Access to the Brain Powered Research Library

ENROL AT WWW.BRAINPOWEREDCOACHING.COM/BPC

BRAIN POWERED CONFIDENCE™

LET'S GET INTO THE DETAILS...



MODULE 1

Confidence & the Cerebral Brain

The most important Evolutionary brain facts that drive your Life and Confidence
How to shape your Success Mindset with the Science of Happiness

The surprising facts about real Authentic Confidence

Rewire Your Brain with Success Habit 1

Amazing Brain Tool 1:

HIGH STRESS AMBLANCE

MODULE 3

Smashing Your Inner Critic

The SAS Technique: Taking Control of Your Mindset
Understanding your Limiting Beliefs, Perfectionism and Procrastination

3 Brain Hacks to Smash your Critic

Ditching the Guilt and creating Healthy Boundaries for your own Wellbeing

Rewire Your Brain with Success Habit 2

Amazing Brain Tool 3:

3 STEPS TO MANAGE YOUR INNER CRITIC



MODULE 5

How to Stop Avoiding Conflict & Tough Conversations

Why your Brain hates Conflict

How to not shy away from Conflict in your life

The Questions you must ask to Progress your Career

Take on Tough Conversations, Performance Reviews and Salary Discussions with Confidence

Rewire Your Brain with Success Habit 3

Amazing Brain Tool 5:

THE BRAIN RESET

THE FINAL STEP

Time for Action!

Create your Exceptional Life with Transformative Goals and Vision

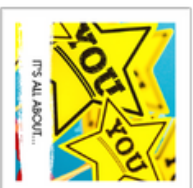
Techniques to manage your Fear of Failure and overcome unexpected Road Blocks

Build your Brain Powered Confidence Action Plan

Step into your next chapter with Unstoppable Confidence!

Amazing Brain Tool 7:

YOUR BOARD OF DIRECTIONS



MODULE 2

It's all about YOU

Your Values: The No. 1 critical building block for Confidence

How you are fundamentally motivated

The unexpected science of negative thinking

How to operate with absolute confidence in yourself and your decisions

Your first Macro Confidence Challenge

Amazing Brain Tool 2:

TRAINING YOUR BRAIN'S BOUNCER

MODULE 4

Beating Imposter Syndrome

Why Imposter Syndrome feels so hard to beat

The Curse of Social Comparison

Managing your Masks

The 3 Secret Steps to Beating Imposter Syndrome

The Art - Imposter Tool

Your second Micro Confidence Challenge

Amazing Brain Tool 4:

YOUR RADICAL HERO



MODULE 6

Purpose: Find Your Uniqueness

Why your brain wants to have a Purpose

The Purpose Equation

Identifying and erase the things Holding you Back

The 6 Steps Life Changing Steps to your Finding Your Uniqueness

How to Live and Celebrate your Unique Purpose

Amazing Brain Tool 6:

ACTIVATION ENERGY

PLUS

BONUS TIME

7 Monthly LIVE Masterclasses and Group Coaching with your professional coach & guide, Caroline

Lifetime 24/7 access to the Brain Powered Confidence Private

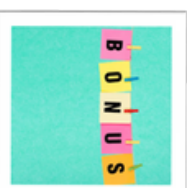
Group for support & accountability

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