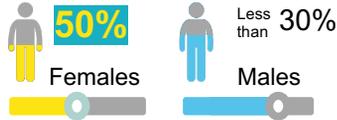




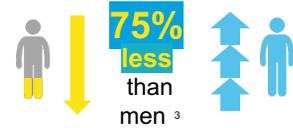
The Confidence Challenge: Research shows that lack of confidence in women can have a fundamental impact on both their professional progression & the organisation’s performance

Feelings of Self-Doubt about Performance & Careers ¹



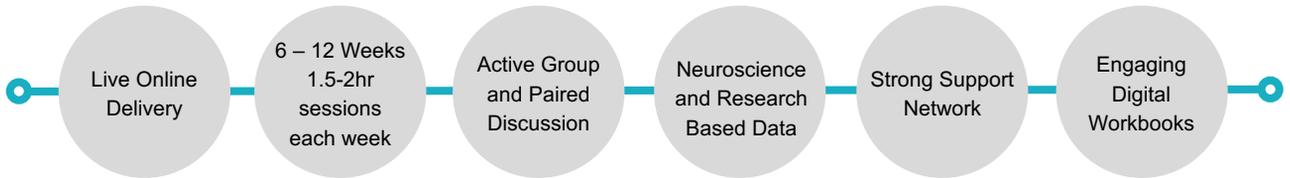
51% of women said “Lack of Confidence in my abilities” could hinder their career ambitions ²

When in the minority women speak



Executive Authentic Confidence is designed to have a lasting impact on the Confidence and Wellbeing of participants, leading to higher performance ⁴, better retention and an impactful, visible contribution towards Diversity, Equity & Inclusion

OVERVIEW



HIGH LEVEL CORE CURRICULUM*



Delivered using practical exercises, models and hacks, combined with the latest in Research & Neuroscience

COURSE OUTCOMES



Deeper trust in skills and capabilities. **Reframing of failure** drives innovation and **courage to challenge**



Greater presence and confidence to ‘Speak up’, step into **new roles** and take on **stretch opportunities**



Better understanding of the brain, **reducing stress** and **improving overall wellbeing** and **mental health**



Positively enhanced mindset powering capabilities for higher performance



Powerful neuroscience-based tools which can be used to optimise thoughts and actions daily



Structured, thoughtful and practical steps, aligned with personal values, to help **identify** and **achieve high performance goals**



Feel empowered to operate at their **best authentically** in the long term

If you would like to know more please contact caroline@brainpoweredcoaching.com

(1) Institute of Leadership & Management (2011) (3) Brigham Young University & Princeton research (2012)

(2) Women’s Agenda Ambition Report (2019)

(4) The brain at positive is 31% more productive than at negative, neutral or stressed (Achor 2011)

*Varies with package. We can also work with you if there are specific topics you would like to cover, for example, Return to Work or Promotions

About the Coach



Caroline Brewin is the founder of Brain Powered Coaching, which uses a neuroscience-based approach to developing Confidence and Leadership; creating high-performing employees and exceptional business outcomes.

Caroline has over 18 years of Global Investment Banking experience from across the UK and Asia Pacific and is a professionally trained Executive and Confidence Coach.

From Chief of Staff to complex Regional & Global roles, she's seen it first-hand: the long-term success and profitability of organizations are inextricably linked to the trust, motivation and diversity of their people.

Through her elite Executive Coaching and her unique Confidence programmes, she is committed to empowering Individuals and Corporates to achieve their personal and professional potential.

Testimonial Snapshot

*"As a senior executive in a corporate environment, what I have learned has enabled me to have **more confidence in my skills and capabilities, as well as tackle my inner critic and the imposter syndrome** that have been holding me back."*
Director, Investment Banking

"The course was excellent and offered me the opportunity to learn at my own pace, and gave me practical examples and actions I could implement. The facilitation and sharing was very well planned and expertly coordinated. Great balance of experiential and evidence backed learning opportunity - thank you"
Managing Director, Healthcare

"Sessions were well planned and thought provoking. A safe space to do introspection and be vulnerable with other ladies that have similar experiences as yourself. Seeing the benefit of what I have learnt is not just helping me at work but also with my family and kids."
Resourcing Manager

*Caroline's **extensive experience at Executive level across multiple countries** combined with her unique coaching approach **will afford any executive a powerful opportunity to advance.***

*She will guide you through a meaningful self awareness journey. You will emerge **wiser, more confident and realistically equipped** to advance to that next level of your ambition."*
Group Chief Executive, Healthcare

"Caroline is an excellent facilitator and the course content was insightful, appropriate and effective in creating "light-bulb" moments and bringing about life altering realisations and changes - work related and also in my personal life."
Group Risk Manager

*"I've participated in other courses and read a few "life-changing" best-sellers, and **not one has had such a profound positive impact.** Caroline is talented and insightful, and her professional training and expertise comes out in every session."*
CEO, Retail

"I highly recommend this course. It combines behavioural research & science with real life examples, to deconstruct thought processes and learned habits which may be holding you back in your career"
**Chief of Staff to the CEO
Hospital & Healthcare**

*The course is an **excellent investment.** The perfect mix of theory, real life examples and support from a group of diversified thinkers. Excellent content, theory and helpful workbooks. What really sets this course apart is the fact that Caroline has walked the corporate walk and she gets it.. no HR fluff.. facts, figures and a genuine understanding of the challenges of succeeding at a high level in the corporate world based on real life experience. **Highly recommend. Chief of Staff to the CEO, Resources Industry***

"I recently completed a 6 weeks course written and facilitated by Caroline. It was such a wonderful experience that managed to finely balance a combination of self review, reflection, value identification and goal setting with neuroscience and the fascinating insights that come from understanding why we potentially think and feel the way we do."
Managing Director, Finance

*"Great course. I feel privileged to be part of this group and **wish more people could have the same opportunity.** The world would be a happier place if all can have the opportunity.."*
CEO, Healthcare

If you would like to know more please contact caroline@brainpoweredcoaching.com