



5 SECRETS OF SUPER CONFIDENCE AT WORK

Workshop



The Overview

A workshop based on the neuroscience of confidence, providing participants with more than 10 research-based practical tools, on how they can improve their confidence.

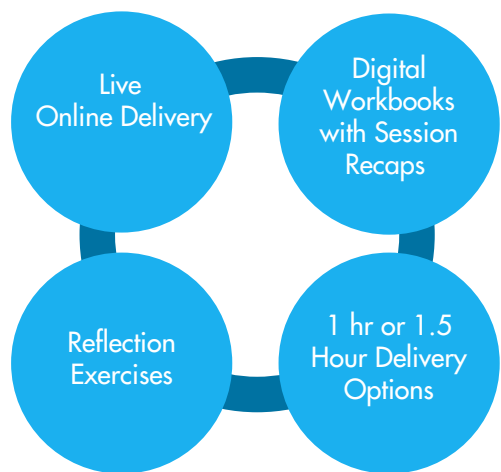
"Brilliant session. I had people say we wish you could come to cheer them up everyday. All left energised and empowered! Supremely well done!"
Neelu Agarwal
DEI lead at PRA, Bank of England

"We thought it was brilliant thank you Caroline"
Jane Siebler
COO Manager - PRA Finance Lead

"Absolutely loved this thanks so much Caroline ❤️"
Meg B.
Policy Analyst - PRA Communications, Bank of England

What we cover

- The "Confidence Iceberg"
- The Confidence Competence Loop
- How to Quieten Self Doubt
- The Truth about Real Confidence
- Science-Based Mindset Tools for Success



Workshop Outcomes

- Greater understanding of how Confidence works & how to improve it
- Practical models which can be applied immediately to daily work
- 10 Powerful neuroscience-based tools to optimise performance
- Learn how to create success milestones for achieving long-term goals
- Better team cohesiveness & empathy through exercises & sharing of challenges