

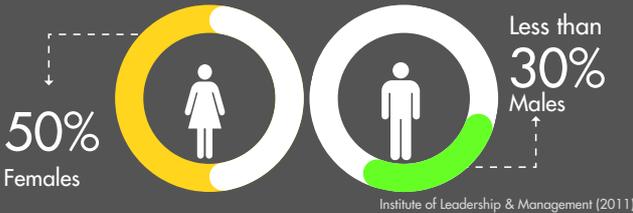
# EXECUTIVE AUTHENTIC CONFIDENCE

A unique, innovative 6 week course designed to have a lasting impact on the Confidence and Wellbeing of participants, leading to higher performance, better retention and a visibly impactful contribution towards Diversity, Equity & Inclusion

## 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



51%

of women said "Lack of Confidence in my abilities" could hinder their career ambitions

Women's Agenda Ambition Report (2019)

When in the minority women speak



## Overview

Live Online Delivery

6 Weeks  
1.5hr sessions each week

6-8 Per Group

Engaging Digital Workbooks

Active Group and Paired Discussion

Neuroscience and Research Based Data

## High Level Core Curriculum

- |   |  |   |   |
|---|--|---|---|
| 1 | Confidence, Performance and the Brain                | 4 | Failure, Criticism and Feedback             |
| 2 | Self Awareness: Goals and Core Values                | 5 | Change, Mindfulness and Boundaries          |
| 3 | Limiting Beliefs, Imposter Syndrome and Inner Critic | 6 | Micro Confidence Challenges and Action Plan |

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 & achieve high performance goals

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

## About us

Brain Powered Coaching, founded in 2020 by Caroline Brewin, uses an innovative, neuroscience-based approach to empowered Confidence and Leadership. We are passionate about unlocking the latent potential of high performing employees to deliver exceptional business outcomes.

Our focus is on integrating real life commercial experience, with high-performance coaching and neuroscience. From Chief of Staff to complex Regional & Global roles, we've seen it first-hand: the long-term success and profitability of organizations are inextricably linked to the trust, motivation & diversity of their people.

Through our professional Executive Coaching, unique Confidence training programs and focus on Psychological Safety, Brain Powered Coaching is committed to empowering Individuals and Corporates to achieve their personal and professional potential.

## Our Coaches



**Caroline  
Brewin**

Executive & Confidence  
Coach, Founder & CEO



**Ali  
Boucher**

High Performance  
Coach, PCC

If you would like to discuss how we can help your organisation, please contact:

Caroline@BrainPoweredCoaching.com  
+44 7946 739075

## Testimonials

This has been one of the best I have ever attended over 20 years of working in financial services. This course is different - it's not only informative and practical, but leads to insights at a much more profound level, and gives participants the tools for change that will last long after the course is finished."

**Senior Manager, Financial Services**

"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**

"I've participated in other courses and read a few "life-changing" best-sellers and not one has had such a profound positive impact."

**CEO, Retail**

"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**

"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 the coach had walked the corporate walk and she got 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**

"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**

"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**

"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**