

The Science & Secrets of **REAL CONFIDENCE**

Learn how to truly unlock your potential.



1-HOUR KEYNOTE - Onsite or Virtual

Unfortunately, we aren't taught how to be confident. In fact, we've been misled, often lied to. Confidence isn't inherited or vicariously inspired. You don't just get it by working hard or faking it. It's learned, not earned. Sadly, it takes most people 60+ years to figure it out and reach their confident best.

The good news is, we can figure it out sooner. Because confidence isn't a result—it's a requirement for personal and professional success. It fuels persistence, leadership, and well-being. It enables us to be resilient, focused, fearless, and to feel that we belong.

By knowing some basic brain science and social secrets, anyone can have REAL confidence right now.

Attendee Outcomes:

- **Stay Calm & In Control** – proactively manage confidence-challenging situations and people.
- **Amplify Your Influence & Impact** – authentically convey credibility and inspire trust.
- **Boost Your Energy & Engagement** – reduce the stress of indecision and feeling overwhelmed.

Content endorsed by leading experts at:

- Harvard Business School & Medical School
- MIT Entrepreneurial Center
- Wharton Executive Education
- Wharton Neuroscience
- UPenn Innovation Center
- UC Berkeley Executive Ed Advisory Board
- HR & Diversity leaders at leading orgs & higher education institutions

“Anyone that wants to lead or simply live well should embrace this training. It's not just fascinating but you will immediately strengthen your own and other people's confidence.”



Joe DiLorenzo
Former CFO
Boston Celtics





[See additional client list](#)

[Watch TEDx talks and speaking video](#)



Alyssa Dver

- Founder & CEO, American Confidence Institute
- Founder & Chair, ERG Leadership Alliance, the global association for employee group champions
- 8-time author, 2-time TEDx speaker, trained/coached 350,000+ individuals
- Real Confidence podcast host
- IT Cosmetics Confidence Educator & L'Oréal spokesperson
- Stevie Award for Thought Leadership
- MIT & Wharton Innovation Advisor
- Former Chief Marketing Officer for tech & HR companies



Why this training is highly effective

- Everything is backed by science, data, and recognized experts.
- Thoughtfully-placed interaction keeps participants engaged while also giving peer perspectives.
- Real-world role plays effectively apply learnings that empower participants immediately and forever.
- Participants appreciate the value in all aspects of work **and** overall life.

“Alyssa, I cannot say how much you impacted and inspired me last week in NYC. Since then, I've been spreading your nuggets of wisdom around to everyone who will listen. I literally pulled out your worksheet today and pointed to the brain diagram while talking to someone this morning. I'm so grateful to have met you.”



Kate Smith
Preconstruction Manager
Gilbane Building Company

“Alyssa’s unique style of balancing neuroscience with her personal experiences in building confidence brought home relevant concepts for attendees to apply to their professional and personal lives. It was a captivating presentation that had our attendees engaged and inspired!”



Phil Bongiorno
VP, Policy and Government Relations
Academy of Managed Care Pharmacy

“Confidence is at the heart of engagement and productivity. This is must-do training for any company that is serious about professional development.”



Lawler Kang
Former Head of People
Rue La La

“I loved everything you taught and shared. Thank you for a great experience”



Zenovia Rios
Supply Chain Manager
Baystate Health