



The Real Confidence Reset

1-HOUR KEYNOTE - Onsite or Virtual

Everyday situations, people, social media, and our own self-sabotage relentlessly chip away at our confidence. It's a battleground out there, but instead of succumbing to complacency or exploding in anger, we have the power to fiercely fortify our confidence.

When we understand the neuroscience behind confidence, we arm ourselves with the knowledge to not just survive, but thrive. We forge new neural pathways that anchor us, keeping us cool, collected, and in command, no matter what curveballs life throws our way.

This isn't just about feeling good; it's about reclaiming our dignity, embracing our accomplishments, and reveling in our authentic selves with unyielding, unshakeable confidence.

Attendee Outcomes:

- **Master the Art of Calm Resilience:** - Crush those confidence villains with ease and poise.
- **Embrace Certainty in Every Move:** – Think, communicate, and act decisively, making lightning-fast decisions with unwavering confidence.
- **Become a Force of Influence:** – Leave an indelible mark on others, radiating positivity, shaping culture, and igniting inspiration wherever you go.



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



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



[See additional client list](#)



[Watch TEDx talks and speaking video](#)



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

“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

“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

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



Zenovia Rios
Supply Chain Manager
Baystate Health