

Real Confidence Master-eClass

Curriculum

Approximately 4 hours total including all video lessons and doing all exercises

Intro (total video time = 10:48 mins)

Clarify (total video time = 48:35 mins)

- **What Does Confidence Look Like? And Not!** (14:30 mins)
 - **EXERCISE:** Confident role model (approx. = 5 mins)
 - Confident introverts and extroverts
 - Amy Cuddy Power Posing
 - **EXERCISE:** Not confident role model (approx. = 5 mins)
- **Definition** (9:42 mins)
 - Dictionary definition of confidence and self-confidence
 - Meditation, Maslow and fMRIs
 - Neuroplasticity
- **Science** (24:23 mins)
 - Basic brain science: functions of the brain stem, limbic, prefrontal cortex, amygdala
 - Fear: physical
 - In class exercise: Tandem Feet
 - Fear: emotional
 - Confidence challenges: situations, other people, self-sabotage
 - Overchoice/Decision Fatigue & Social-Emotional Exhaustion
 - MetaConfidence

Calibrate (total video time = 27:52 mins)

- **Real Confidence Self-Check** (1:43 mins)
 - Assessment explanation
 - **EXERCISE:** do your own Real Confidence Self-Check (approx. = 10 mins)

- **Key Confidence Indicators (KCIs)** (12:08 mins)
 - The 8 KCIs
 - **EXERCISE:** Personal Confidence Dashboard
- **Personal Confidence Plan** (3:34 mins)
 - **EXERCISE:** Personal Confidence Plan
- **Needs, Wants, Values** (10:27 mins)
 - Difference between wants & needs, tie to Maslow
 - **EXERCISE:** Youlogy (approx. = 30 mins)
 - **EXERCISE:** Self-360 (approx. = 30 mins)

Control (total video time = 48:28 mins)

- **Mindset** (7:33 mins)
 - Definition
 - Mindshifts: 1-4
- **Taming Triggers** (11:31 mins)
 - Subjective Data
 - **EXERCISE:** Inside Out Pet Peeves (approx. = 5 mins)
 - **EXERCISE:** Who are you allergic to? (approx. = 10 mins)
- **Brain Boosts** (11:07 mins)
 - Recognize Tired
 - Take a Time out
 - Small Wins
 - **EXERCISE:** Structures (approx. = 5 mins)
 - **EXERCISE:** Confidence Collection (approx. = 15 mins)
 - Gratitude
- **Autonomic Overrides** (5:27 mins)
 - **Video:** Divergent scene (:56 mins)
 - Mindfully Breathe
 - Labeling

- **Confidence Cures** (4:58 mins)
 - Confidence Collection reprise
 - **EXERCISE:** 3 Little Things (approx. = 5 mins)
- **Decision Making** (7:52 mins)
 - Neuroeconomic & Blended Decision Making
 - MetaDecision Making
 - **EXERCISE:** Big Decision Checklist (approx. = 15 mins)

Communicate (total video time = 40:49 mins)

- **Executive Presence** (5:35 mins)
 - Definition of Communication
 - **VIDEO:** [Oprah interviews Mandela](#) (4:46 mins)
- **Non-Verbal Communication** (7:09 mins)
 - Definition of Communication
 - Eye Contact
 - Facial Support
 - Body Language
 - Ready Position
 - **VIDEO:** [How to Look & Be Confident of Video Call](#) (25:26 mins)
- **Verbal Communication** (17:57 mins)
 - Subservient Language
 - Waste Words
 - **EXERCISE:** Deep Knee Bends (approx. = 5 mins)
 - Breaking Bad with a Buddy
 - **VIDEO:** [How to speak so that people want to listen](#) (9:59 mins)
- **Written Communication** (10:05 mins)
 - Confidence Writing
 - Net Neutral
 - **Next steps!**

Real Confidence Coaching Module

Optional add-on

Curriculum

Approximately 1 hour for this module including the video lesson and doing all exercises.

Certification requires exam (10 mins) + Practical (3 hrs).

Total Certification Time (eclasses + exam + practica) = 8-9 hrs

Purpose of this eclass module: *How to quickly coach others to help them through a confidence challenging situation. (39:20 mins)*

- Good vs. bad coachees
- Coaching Do's & Don'ts
- ACI Coaching Toolkit
- 6D Coaching Roadmap
- Confidence Coaching Playbook

At the end of this eclass module, students will be invited to take the **Certification Exam**. This is a 10 question, open book, untimed questionnaire. Passing = 80% or better and students may take the exam as many times as necessary to pass.

Upon passing, they are then invited to select an upcoming **Certification Practica** offered once/quarter. These are 3 hour Zoom calls where up to 6 total students will work with an ACI Master Coach to do a deeper dive in the material and do roles plays to practice using the ACI Confidence Coaching Playbook.

After completing a Practicum, students are granted:

- 9.5 ICF CCEUs and/or 8 SHRM PDCs
- LinkedIn badge + printable certificate
- Public congratulations on ACI social pages
- Invitation to the private LinkedIn group
- Lifetime membership in an inspiring community of fellow confidence crusaders!