



Everyday Confidence Coaching

ACI Coaching Certification Program



1-day Workshop (includes ACI Confidence Coaching Certification) Delivered Onsite or Virtually

Confidence increases both individual and team productivity. It creates a culture that supports innovation and trust.

According to a Predictive Index 2018 study, confidence is one of the top 3 traits employees seek in and from their managers. In 2019, TopInterview ranked confidence as the #1 trait employers seek in their employees.

Anyone can learn how to be a confidence coach. There is no greater purpose or way to have sustainable impact.

Critical to understanding the opportunity and responsibility as a confidence coach, workshop participants will clarify and calibrate true confidence. ACI's brain science-based tools & techniques will be used together with real-world role plays. Participants will leave fully equipped and confident to be a highly impactful, everyday confidence coach.

Participants additionally obtain ACI Coaching Certification by passing the online exam.

Attendee Outcomes:

- **Help others be confident in themselves** – *know how to effectively and safely coach confidence*
- **Be a more inspiring leader, mentor and role model** - *authentically radiate confidence*
- **More easily manage difficult people and situations** – *be prepared with strategies that reduce contention and fear.*

Content endorsed by leading experts at:

- Harvard Business School & Medical School
- MIT Entrepreneurial Center
- MIT Executive Education
- Wharton Executive Education
- Wharton Neuroscience
- UPenn Innovation Center
- UC Berkeley Executive Ed Advisory Board
- HY & Diversity leaders at Staples, Yale, et al
- Executive coaches, & talent optimization consultants
- Bestselling authors, top speakers, and respected CEOs



[Watch the TEDx](#)

"...The course content was stimulating, and the delivery was extremely empowering. This course is a must for anybody working with confidence – in other words, for everybody..."

Tim Perris
ACI Certified Confidence Coach



Workshop Speaker



Alyssa Dver

CEO, American Confidence Institute

Confidence Crusader. Neuro Nerd. Success Equalizer

Clients include:



- Two-time TEDx speaker, a Boston Best Speaker, trained/coached 350,000+ individuals
- 7-time author, blogger, media go-to expert, & podcast co-host: “In Confidence: Face Your Workplace”
- MIT Trust Center Professional Advisor; lecturer & coach at UPenn/Wharton Innovation Center
- Founder & Chair for the employee diversity & inclusion association ERG Leadership Alliance
- Former Chief Marketing Officer for tech and HR companies; 5-time Founder/CEO; active Board member
- Judge for annual Stevie’s Awards for Best Employers & Women in Business

Curriculum

- Defining Confidence: what it is, and what it is not
- Confidence Brain Science & Meta-Confident Thinking
- Confidence Villains & Kryptonite
- Confidence Quotient (CQ) Assessment
- Identifying Values, Needs, & Wants
- Mastering Mindset
- Taming Triggers and Overriding Autonomic Responses
- Communicating Confidence verbally and non-verbally
- MetaConfidence & making confident decisions
- Good coach, Bad Coach, Coaching Do’s & Don’ts
- ACI Coaching Roadmap & Playbook
- Coaching Role Playing
- Coaching Certification Exam (done online anytime after class completed)



Why is this training 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, so participants leave immediately empowered.
- Participants appreciate the value in all aspects of work **and** overall life.



“The courses was phenomenal and gave me a formal scientific-based understanding of what confidence was for me and my clients...”

ACI Certified Confidence Coach
Karen Donaldson



“...I really liked the format and that it was based in neuroscience...I loved getting a comprehensive set of holistic tools.”

ACI Certified Confidence Coach
Jody Kennett

