



Inclusive Confidence

Empowering ERG Leaders & Members



1 or 3-hour workshops - for leaders or members
Delivered Onsite or Virtually

Employee Resource Groups (ERGS) – a.k.a. Employee Networks, Affinity Groups, Associate Groups, etc. – exist to give diverse employees confidence through professional development, connections, and a sense of belonging.

Confidence increases both individual and team productivity. It creates a culture that values innovation and speaking up. Confidence enables trust and wellbeing. ERGs can play a major role empowering this throughout the workplace, and the community at large.

This workshop explains how confidence scientifically works in everyone’s brains and impacts behavior so that ERG leaders can be more effective, and members can be more engaged. Participants will get tips, tools and techniques that empower them to manage their own confidence, as well as help others, too.

ERG Leader Workshop:

- **Be a more inspiring leader, mentor, and role model** - *authentically radiate confidence*
- **Help ERG members be confident** – *know how to effectively coach confidence*

ERG Member Workshop:

- **Be more comfortable at work** – *be prepared with strategies that reduce fear*
- **Help move the diversity needle at work** – *know how to leverage and help your ERG be more effective*



Tom Bourdin
Head of Diversity & Inclusion
Staples

“Alyssa is fantastic! She recently spoke at Staples for the 3rd time, and was insightful, engaging, and even incorporated a great dose of humor into such an important topic: having and giving confidence. Her talks have a great balance of personal and relatable experiences and well as science-backed data. Many attendees came up to her afterwards to share how her message had a significant impact on them.”



Vania Pizano
Operations Specialist
InterAmerican Development Bank

“It will help me professionally especially in the context that we are facing now - it will help me show up more engaged and confident.”

Workshop Speaker



Alyssa Dver

CEO, American Confidence Institute

Confidence Crusader. Neuro Nerd. Success Equalizer



- 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

Clients include:



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



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.



“Alyssa’s presentation was excellent. Her science-based content is impactful, and her likable style makes for an engaging delivery. Our audience loved it...and I’m still receiving very positive feedback about it, weeks later!”

Sophie Koenig-Rodriguez
FACCNE Women In Business Network



“Alyssa offers much more than inspiration. By distilling her fascinating research into straightforward and relatable lessons, she offers audiences immediately usable tips and techniques for building confidence. To anyone looking for a guest speaker sure to impress and energize an audience, look no further than Alyssa.”

Christine Jauregui
President Emeritus, **Prospanica Boston**

