



KEYNOTE - Onsite or Virtual

The Science & Secrets of REAL CONFIDENCE

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.

It's the real secret to attracting and achieving what you want – and who you want to be.

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.

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.
- **Help Others Be Their Best** – know how to better motivate and informally coach other people.

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 Staples, Yale, et al

“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
- 2-time TEDx speaker, a Boston Best Speaker, trained/coached 350,000+ individuals
- 7-time author, Thrive Global contributor, blogger, & podcaster, "Real Confidence"
- IT Cosmetics Confidence Educator & L'Oréal spokesperson
- Stevie 2021 Award for Thought Leadership
- MIT & Wharton Innovation Advisor
- Founder & Chair, ERG Leadership Alliance – largest association of employee group leaders
- Former Chief Marketing Officer for tech & HR companies; 5-time Founder/CEO



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 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



"Discovering the effects of neuroscience and confidence is eye-opening. I highly recommend Alyssa for anyone looking to instill change and positive momentum for their organization."

Jae-Lyn Hecht
Commercial Services Leader
IBM