

# ***The Confident You!***

## ***Achieving excellence one thought at a time!***

### **Summary:**

How many times have you thought to yourself, “I wish I spoken up and asked for what I wanted”. Many individuals can recall a time when it was important to exhibit confidence, to get the promotion, to express true feelings, or to command respect. Isn’t it time for ***The Confident You*** to stand up and to get what you have worked toward and deserve in your life? Join us for a 60 minute webinar/conference where you will discover how to:

- Smash through barriers and limited beliefs that keep you from your true authentic successful self
- Overcome negative thoughts
- Recognize the power within you- the power you can harness to create, live and enjoy your Ideal Life
- Choose what you believe, and not be affected by what others say and do
- Take action now, feeling the fear and taking action anyway

### **Program Benefits:**

Today, more than ever, we must stand up, stand out prove we are capable and confident enough to be of great value to our employers, our staff, and our shareholders. Today’s rapidly changing competitive environment requires us to be our best at all times. This 60 minute webinar/conference will provide you with powerful skills to build confidence, positively stand out in a crowd and increase overall performance.

### **Program Highlights:**

- Self Assessment report
  - Evaluation of current level of confidence
  - Confidence level review in key areas of your life( including self worth, communication, work, physical appearance, business, etc.)
- Current belief structure – uncovering and removing limiting beliefs
  - How to discover your confidence role model
  - Learn to fire your internal saboteur and hire your secret weapon
  - Discovering your true beliefs
- Use thoughts to propel your confidence
  - Analyze your thoughts
  - Recognize distorted thoughts- know the 13 categories
  - Use the past to change the present and create your confident future
- Learn how to accept your truth- despite what others say

- Overcome negative comments from others
- Feel confident all the time- by learning to control and deliberately choose your thoughts
- Lead a confident life once and for all

### **Organizer:**

Valarie Johnson has been a meeting facilitator, leader, speaker for several years. She is recognized as a knowledgeable, enthusiastic and exciting presenter who specializes in helping individual help themselves by providing insight, asking empowering questions, and believing that everyone has the ability , strengths and talents to achieve excellence in life.

- As founder of The Wonderful Now Life Coaching, Valarie specializes in individual and group coaching, empowerment and Ideal Life action planning
- Valarie has written over 100 articles on the topics of Law of Attraction, Self Empowerment, Ideal Life exploration, people management, entrepreneurial enthusiasm, goal achievement and personal strategic planning

### **Program Materials:**

Each participant will receive the following materials:

- The Confident You - 52 Week Journal
- 1440 Matrix (mind-map to accessing champion time management)
- The Confident You Power-point presentation
- The Confident You – program workbook
- Mp3 audio recording for future playback and sharing
- 1 full month of E-Coach “The Confident You” program (a \$99 value)
- Discount code for future The Wonderful Now Life Coaching courses for the remainder of 2010
- Special bonus report : Writing your Success Story!

### **Investment:**

\$79 for live webinar/conference and program materials

This is an outstanding opportunity to learn, grow, change and empower. Because of the detailed information and our commitment to 100% satisfaction we offer all participants a Money Back Guarantee. We are confident that you will find value in this webinar/conference and materials, but if for any reason you are not completely satisfied we offer a 100% money back guarantee within 30 days from the date of attendance. Please feel free to contact Valarie Johnson with any comments, suggestions, refund request or questions via email at [coachvalj@thewonderfulnow.com](mailto:coachvalj@thewonderfulnow.com). Some materials are presented before webinar/conference date, the remaining materials, including Mp3 recording, will be available within 72 hours after live webinar/conference.