

For Women EMBODIED CONFIDENCE

Despite increases in female leadership and empowerment programs, many women still lack confidence. And research shows when women lack confidence, they don't take action. They don't follow through on goals. They don't put their hand up to lead. It's the reason why KPMG found in a recent study that 56% of female leaders said they would like support in building their confidence. This workshop will draw on research in the fields of neuroscience and leadership to help women learn to become more confident.

Hi, I'm Liz

A leadership coach, yoga + mindfulness teacher and co-owner of Afterglow Studio. I love helping change-makers, and high-performers step into greater awareness, confidence and purpose.



I am trained with CTI and have an MBA from McGill University. When I'm not fulfilling my lifework or with my four kids + hubby you can find me in my happy place, running along the Lake Ontario boardwalk in the beach neighbourhood of Toronto.

KEY CONTENT

- Learn what it means to embody confidence.
- Learn the neuroscience behind how we become.
- Understand why collectively confidence is still an issue for so many women.
- Learn the 6 steps of increasing confidence.
- Learn tools and practices that, when done with consistency, will help build new confident pathways in the brain.

LENGTH

Various formats. Offered as a one-hour lunch + learn up to a 6-week group coaching workshop. Content adjusted based on time available.

TARGET

Female leaders and leaders-to-be.