

Real Confidence Masterclass

Learn how to create, control and convey self-trust



3-HOUR WORKSHOP - Onsite or Virtual

Confidence isn't inherited or something we luckily just get. It is a learned, practiced skill. Unfortunately, most people don't ever get taught, and their lack of confidence negatively affects their overall lives and those of everyone around them.

This interactive workshop deep dives into what confidence is and how it works in everyone's brains. We'll examine the resulting behaviors and provide ways to proactively control how we think and act – as well as better cope with other people's compromising actions, too.

Attendee Outcomes:

- Tools and techniques to remain confident in challenging situations.
- Make faster, more confident decisions that reduce regret and stress.
- Create new neural pathways that make confidence your default way of thinking.

Curriculum:

1. **Clarify** – what is - and is not - Real Confidence, the Confidence Cousins, and the Brain Science of Belonging
2. **Calibrate** – measure and spot confidence villains, impostors, and self-sabotaging behavior
3. **Control** – know your values, needs, and wants and be able to override undesirable reactions
4. **Communicate** – use verbal and non-verbal ways to convey self-certainty

Optional Add-On Workshop: *Confidence Coaching & Certification*

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 leading orgs & higher education institutions

“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
- Founder & Chair, ERG Leadership Alliance, the global association for employee group champions
- 8-time author, 2-time TEDx speaker, trained/coached 350,000+ individuals
- Real Confidence podcast host
- IT Cosmetics Confidence Educator & L'Oréal spokesperson
- Stevie Award for Thought Leadership
- MIT & Wharton Innovation Advisor
- Former Chief Marketing Officer for tech & HR companies



Why this training is highly 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



"I loved everything you taught and shared. Thank you for a great experience."

Zenovia Rios
Supply Chain Manager
Baystate Health