

# Confidence Coaching & Certification

*Invaluable personal & professional skill using a proven, brain-science based method*



## 3-HOUR ADD-ON WORKSHOP - Onsite or Virtual

This workshop follows the Real Confidence Masterclass to apply the knowledge to coaching. The ACI method is quick to learn and use in any setting, especially at work.

No coaching experience is required, and the method complements any practiced coaching modality. Gain a profound perspective and powerful way to help other people with specific confidence challenges.

### Attendee Outcomes:

- Understand the scope, Do's and Don't of effective coaching.
- Learn a 15-minute science-based way to help a client or colleague overcome a confidence challenge.
- Immediately start to safely and effectively coach with confidence!

### Certification Information:

- 500+ coaches and coaching curious individuals from all over the world have been certified.
- Certified coaches will be sent a printable certificate of accomplishment, directions for badging online and adding the credential to their email signature. They will also be invited to join the private LinkedIn group and be featured on ACI's website and social media.
- No re-certification requirement.

### 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



*"I really loved the format, that it was based in neuroscience and getting a comprehensive set of practical tools."*

### Jody Kennett

Learning & Development Specialist  
Venturis Capital Corporation



Accredited for ICF CCEUs and SHRM PDCs



[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, recognized expert and accredited institutions.
- Strategic interaction keeps participants engaged while also proving peer perspectives.
- Experiential role plays immediately apply learnings & prepare participants.
- Delivers invaluable knowledge & a practical skill that forever enriches both work and home life.



**Diana Leeder**

CEO & Author

**Crave More Life Coaching & Consulting**

*"The certification was a great way to pull together the experiences our clients have with confidence and increase our support toolkit within a solid coaching framework."*



**Karen Donaldson**

Celebrity Communication, Body Language,  
Executive Public Speaking & Confidence Coach

*"The course was phenomenal and gave me a formal scientific-based understanding of what confidence is."*



**Annet de Zwart**

Co-founder

High Responsive Training

*"I've done many trainings and courses with one standing out hugely: my accreditation from the American Confidence Institute (ACI) has helped me grow immensely."*