

**WORKSHOPS  
THAT WORK**



# KEYS TO CONFIDENCE

## UNLOCKING YOUR POTENTIAL

### CONFIDENCE + CREDIBILITY = IMPACTFUL PRESENCE

No matter how seasoned we are, we all have areas in our life where our confidence isn't where we want it to be. Maybe you have amazing confidence in a real-world social situations, but in the workplace, you stumble. For some, we mask insecurity with false confidence. We *act* like we have it all together but underneath that façade, we're struggling just like everyone else. Bottom line – we can all improve on the confidence front. And the good news is, confidence is a set of traits that can be developed, so if you're not where you want to be, you can get better!



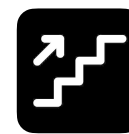
#### What is Confidence?

Examine what it looks, sounds, and feels like to have confidence.



#### Unlock Practical Tools

Learn practical communication skills and internal exercises to build confidence.



#### Steps to Success

Evaluate your strengths and identify areas that need improving.



#### ABOUT YOUR INSTRUCTOR:

Tiffany Olson earned a B.S. and M.S. in Communication at Illinois State University. She has nearly 30 years of teaching experience, both in the college classroom and in the corporate environment. She enjoys helping her clients hone their skills through workshops and one-on-one coaching.

#### PRAISE FROM PAST ATTENDEES:

*"I never thought I could be that type of person who exudes confidence. Tiffany helped me see that confidence isn't a mysterious gift or just something you're born with, but a learned skill. I can't wait to put her practical tips into use."*