



## Erasing Self-Doubt

Erasing Self-Doubt is an immersive, small group coaching journey that allows participants to increase their confidence without fear of arrogance. Self-doubt is a common occurrence which can undermine professionals, leaders, and executives. Often, these bright leaders seek out coaching or training to improve their communications, increase their influence, possess better executive presence, or improve their self-worth and confidence. An underlying barrier to all of these is the individual second-guessing themselves. In addition, issues such as perfectionism, imposter syndrome, or lack of self-awareness can impact their success.

Erasing Self-Doubt is a carefully planned journey that allows participants to explore their self-esteem, power, and confidence. It helps them identify the subconscious fears and survival beliefs that sabotage their effectiveness. It also allows them to revise their thoughts and beliefs to become a more confident communicator, influencer, and leader.





**Key Outcomes:**

At the end of the Erasing Self-Doubt journey, participants will be able to:

- See themselves through a more positive lens
- Stand comfortably in their power without becoming egotistical
- Reach excellence without burning themselves out
- Increase their influence and presence
- Avoid emotional hijacking into fear, anger, anxiety, envy, guilt and shame
- Eliminate self-limiting behaviors
- Be confident in their decisions
- Stop reliving past mistakes
- Express your individuality with confidence

*“You find things you didn’t even know existed. My life has significantly changed since completing the program. ”*

*Michelle Pineiro, Director of Operations, Healthcare Industry*

*“The discussions held a mirror up to myself, my life and my experiences. Breakthroughs happened at every session.”*

*Evan Berrett, CEO*

*“A deep, thought provoking journey that uncovers both positive and self-sabotaging behaviors. Carlann brings out the best in people.”*

*Monti Becker Kelly, Sr. VP, Customer Service*



Watch the introductory and journey videos at [www.erasingdoubt.com](http://www.erasingdoubt.com)

#### **Included in Erasing Self-Doubt:**

1. 10-weeks of full emersion with five other members (professionals to CEOs)
2. 20-hours of small group coaching (2-hour sessions each week via Zoom)
3. 1-hour of private coaching between weeks five and six
4. The highly validated Harrison Paradox Assessment to receive initial levels on self-esteem and power
5. Precisely planned content videos, insight workbooks and more to accelerate deep self-awareness
6. Tribe progress check-in call three weeks after completion to ensure continued success
7. Continued access to all materials after the tribe to reinforce your awareness

**Invoice payment by credit card or bank transfer is best, as participant will not be placed into a tribe until full payment is received.**

For registration and invoicing, email [carlann@propelforward.com](mailto:carlann@propelforward.com) or [support@propelforward.com](mailto:support@propelforward.com), or call 321-600-4080.