



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



Chad Brooks, Plant Manager

"At first I thought this journey was just going to help me manage leaders struggling with self confidence. I had no idea how powerful this process would be for me. I gained a whole new insight into who I was and why I am who I am. The insight I gained will stay with me forever making me a better husband, father, manager and leader."



Steven Farrugia, Founder and CEO, ShareTree Group

"This journey allows authentic connection with other enlightened and brave souls that are willing to be vulnerable. You'll delve deep into the subconscious and the things that are holding you back from achieving your greatness. If you want to invite brilliance into your life, embrace it and be guided by a tremendously experienced person who will help you achieve your greatest potential."



Evan Berrett, Founder & CEO

"It's hard for us to see our own patterns in our own lives because we're in the middle of acting it out. I was moving forward with each session, and then there I was, identifying these hidden fears and questioning personal behaviors and finally breaking limiting beliefs that I'd held onto for years."



Marcia, Fortune 50 Executive

"This experience was life changing for me. It taught me more about myself than I've ever known. Most of us have triggers, but we don't chalk them up to something within ourselves. We instead chalk them up to the circumstance or the other person. This experience taught me how to sense, control and manage the triggers before they happen by knowing myself at a deeper level."



Trina D'Amico, Founding Principal and CEO

"My habit of dutifully meeting other's needs at the expense of my own was sometimes robbing me of a joyful life. Now, choosing to give service rather than serving out of duty and guilt feels very different. Despite past hurts, I don't have to stay stuck in victim-mode. I am not my story. Becoming aware of my negative thought and behavior patterns, catching myself, and then choosing differently is liberating."



Monti Becker-Kelly, Senior Vice President

"Absolutely incredible! It helped me uncover both positive and self-sabotaging behaviors in my professional and personal life. It was a powerful deep journey into who I am and what makes me special."

