



# FIDUCIA CONFIDENCE COACHING



## OPTIONS

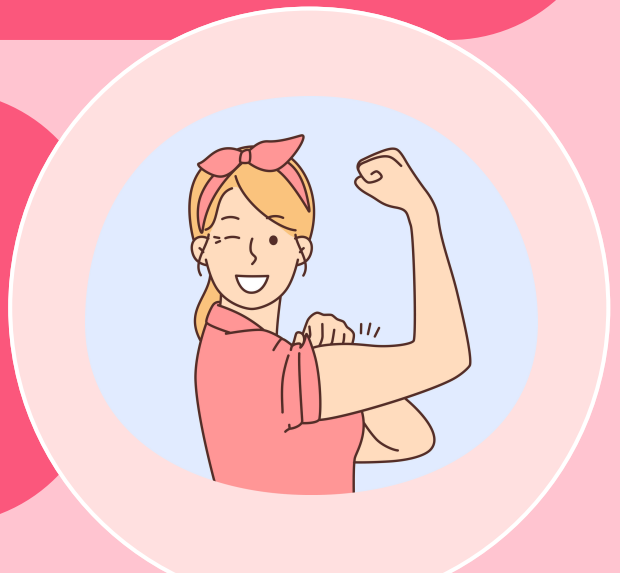


### ONE-ONE PRESENTATION

We collaborate with you on a specific presentation or pitch, helping you create and deliver a standout and confident talk that captures attention.

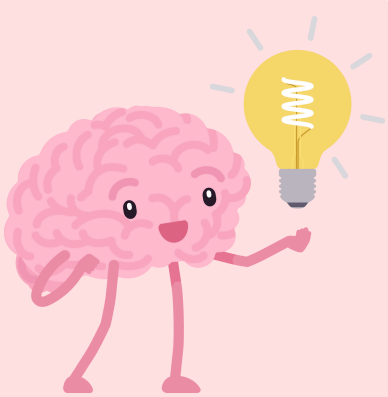
### ONE-OFF CONFIDENCE COACHING SESSION

In just 60 minutes we help you to unpack the brain blocks holding you back from being the most confident version of yourself.



### ONE-ONE CONFIDENCE COACHING COURSE

We collaborate with individuals over six sessions to identify and address limiting beliefs that hold them back. Together, we then create a plan and ensure accountability to help them become more motivated and impactful individuals.



GOOD JOB!!



### SET AND PURSUE GOALS

Having goals and aspirations provides your life with purpose and direction. Achieving small milestones can boost your self-esteem, making you a more impactful and happier individual.

Confidence coaching is a valuable resource that can prevent employees from becoming a liability and instead inspire them to make a significant impact in the workplace. It provides them with a clear plan of action, which in turn boosts their motivation and overall effectiveness at work.

**(Individual session £100 per hour or £450 for a course of 6)**

[www.fiduciapresenting.com](http://www.fiduciapresenting.com)

