

FEARLESS

- ✓ Self-Confidence
- ✓ Self-Promotion & Networking
- ✓ Career Advancement



CREDENTIALS

MINODIAIRE GMBH offers services in consulting, coaching, and education for businesses and teams focused on the values of tomorrow: Equality, Sustainability, Diversity and Well-Being.

Alicia Schweiger is certified in Adult Education and has been facilitating classes for senior leaders for over 25 years. Her extensive business expertise adds real-world value to her courses in sales and marketing, messaging, pitching, and new business planning. She has trained and coached over 10'000 senior professionals to date

ENDORSEMENTS

«I have grown up in fortune 500's surrounded by great leaders, mentors, and trainers. Alicia's contributions to the group were outstanding. World class in terms of the insights on making meaningful changes to peoples' skill set and mindset to succeed.»
Mike Dewey, P&G, 2020

«Alicia is golden. Everything she touches she sees through to success. She motivates teams brilliantly and her focused energy inspires loyalty and a 'make it happen' attitude in others.»
Dianne Brill, 2006

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ONE-LINER

An interactive course that examines the physical science of self-confidence and provides tools and practice for professionals to build up and maintain their own confidence levels for career success.

OVERVIEW

Positivity, Strength, and Calm.

Strong but healthy confidence levels have a positive impact on your career and contribute to your well-being.

Confident individuals radiate positive energy, create strong relationships, and deliver good results. But sometimes factors beyond our control will inhibit our own confidence and dampen enthusiasm, holding us back professionally.

This course examines the science of confidence and how to apply it to your own life. You will create your own confidence action plan with activities that are easy to integrate into day-to-day work life.

TARGET AUDIENCE

Mid-level professionals looking for a career boost.

Shy persons and/or specialists striving for higher leadership roles.

Teams encountering change, restructuring or new management, or individuals going through moments of low motivation

High-performance, stressful environments that demand peak performance and positive competition from their team members.

TAKE-AWAYS

Participants will understand how self-confidence can help to enhance their professional performance. They will know the difference between confidence and arrogance and will understand the origins of their own self-confidence.

Participants will know various confidence-building techniques to practice in their own work environments. They will have practiced communicating with confidence in professional role plays.

All participants will draft their own personal action plan of weekly activities that will help them to cultivate and maintain their confidence levels.

FORMAT

Interactive format with group work, role-play, and discussions.

In person or online via zoom.

Max participants 12.

Duration: 1 full day training

Half-day follow-up and/or individual coaching sessions organised as per client needs.

Language: English

CONTENT

Theory for key learnings based on scientific findings in behavioural psychology.

Group discussions and debates.

Scenario-based role play.

Tools to use in daily work environment.

External resources via handouts, weblinks and book suggestions.

Personal action plan based on time-boxing concept.