

## CONFIDENCE ENGINEERING: TOOLS FOR INNER POWER

<b>Start Date:</b>	07/07/2025	<b>End Date:</b>	11/07/2025
<b>Categories:</b>	Wellbeing & Personal Dev	<b>Venues:</b>	Milan
<b>Formats:</b>	In Person	<b>Instructors:</b>	Sami Khoury

### OVERVIEW

This course provides a practical approach to building lasting self-confidence. Using tools from neuroscience, psychology, and behavioral design, participants will learn how to cultivate a strong, authentic inner voice and take bold action under pressure.

### OBJECTIVES

By the end of this course, participants will be able to: – Understand the psychological and physiological foundations of confidence. – Rewire negative self-talk into empowering beliefs. – Build habits that create emotional resilience and courage. – Step into visibility and take action despite fear or self-doubt. – Project authentic confidence in leadership and public settings.

### COURSE OUTLINE

1- What Confidence Really Is (and Isn't) 2- Self-Talk, Identity, and Belief Reprogramming 3- Exposure and Action: The Confidence Spiral 4- Body Language, Breath, and Presence 5- Leading with Confidence in the Face of Pressure

### TARGET AUDIENCE

Leaders, professionals, emerging talents, and anyone looking to strengthen their internal confidence and external presence.

### METHODOLOGY

Confidence journaling, fear ladder building, inner dialogue reprogramming, posture and breathwork practice, action planning.

### CONCLUSION

Participants will walk away with mental, emotional, and physical tools to build confidence that is sustainable, authentic, and action-oriented.

### DAILY AGENDA

### **Day 1: Define Your Confidence**

Understand what confidence is—and how it's built, not born.

### **Day 2: Engineer the Inner Voice**

Reframe your self-talk and build empowering identity beliefs.

### **Day 3: Courage by Action**

Break through fear using exposure, challenges, and small wins.

### **Day 4: Show Up Boldly**

Practice body language, tone, and emotional control techniques.

### **Day 5: Confident Leadership in Action**

Build and commit to habits that support lifelong internal power.

*For more information, please contact us:*

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