

CONFIDENCE ENGINEERING: TOOLS FOR INNER POWER

Start Date:	29/06/2026	End Date:	03/07/2026
Categories:	Wellbeing & Personal Dev	Venues:	Milan
Formats:	In Person	Instructors:	

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

All Supervisory Levels, 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.

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For more information, please contact us:

Email: info@gatewayconsulting.com | Phone: +96522968641

<https://gatewayconsulting.com>