



Confidence Upgrade: 18 Powerful Solutions to Help You Gain More Confidence

Rob Leonardo

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*** *Gain More Confidence to Succeed in New Challenges! You have passed a hurdle in your life – graduated from college, promoted to a manager role, accepted a new leadership responsibility, moving to a new home or country, getting married and overwhelmed with the new set-up. These are situations that challenge your self-confidence. Consequently, you start doubting yourself. Do you ever find yourself in a new chapter in your life, new beginnings or new challenges and discover that the confidence you thought was already there has vanished and you need to rebuild it again? Are you back at square one? *Re-access Your Hidden Reserves of Self-Confidence Have you ever felt that "wow" emotion and told yourself "I feel great and confident!" Which areas in your life did you feel good about yourself and where you are willing to step up and take the lead or be the model? Surely you have cherished those moments and experiences that make you feel great about yourself. You can use them to gain more confidence – in other areas of your life! Being confident is not a one-time gift that we earn in one go. It is acquired in different compartments of our emotional account and it is up to us to continuously develop this one at a time. *Undergo Confidence Upgrade Each chapter of this book offers an activity, strategy or tool that you can use to make your life transition smooth and easy such as: - Identify your personal models of self-confidence and use them as your inspiration in your behavior, communication and attitude - Remove the negative thoughts that have influenced you in how to treat yourself and how others should treat you - Practice relaxation and self-hypnosis to convince yourself about what you can do - Use power poses for a quick access to positive and confident emotions - Tweak your routine with new habits of interaction and change the way people see you - Leave a positive and lasting impression into those with whom you connect and engage with in your environment Integrate your small confidence victories into a rich solid self-esteem that will thrive in your lifetime. *Start small, gain more Your chance is now. Download your copy of "Confidence Upgrade – 18 Powerful Solutions to Help You Gain More Confidence" and get your FREE gift – access to the email series "Faces of Confidence: Models to Emulate in Achieving Self-Confidence and Success." Scroll to the top of the page and select the “buy” button.

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