

6 Weeks FREE Confidence Course by Kiechelle Degale

Self Confidence and Self Esteem is the foundation of excellence and a prerequisite for success on any level.

For more about the course creator and Confidence Strategist Kiechelle Degale go to www.kiechelle.com

Hi, I'm Kiechelle and I have spent close to 18 years in the personal development industry and have created and developed my own Leadership and Training business using some of the same techniques, tools, skills and strategies you are about to learn!

"I may not know everything...but boy do I know confidence, having once lost it all and then learned how to activate it again! I have researched it, studied it and embraced it! I eat it, sleep it, live it, love it..and teach it!" Kiechelle Degale

Please visit www.kiechelle.com

Course summary

Week 1 . Tutorial 1

Planning and preparing. Getting ready. moving ahead, getting organised. Analysis of 'the now' in order to move forward.

Week 2. Tutorial 2

Challenging beliefs about confidence, creating a confidence vision board [if you have all the confidence and self esteem you need – what can you achieve?]

Week 3. Tutorial 3

Top Strategies for Top Confidence.

Week 4. Tutorial 4

The challenge. Making it happen!

Week 5. Tutorial 5.

Embed , consolidate and reinforce new programming and self image. Recommended resources.

Week 6. Tutorial 6

Stepping up and standing out–armed with new confidence & celebrating your achievement.

Week 1

Congratulations and Welcome to the free confidence course. You have made a decision to begin something that can possibly change your level of self confidence and self esteem in a deeply profound way. Every process you will go through has been tried and tested with outstanding success. The techniques themselves are not being reinvented, so with many of them you will be on familiar ground. However the application may be different. I have personally lived by these codes, ethics and strategies for well over a decade. Through them I have overcome many of life's challenges and managed to keep my passion, enthusiasm, optimism and reap many successes.

I sincerely hope you will follow through with the entire course –this will assist you to gain the rich and rewarding benefits that awaits you. I wish you many successes and as I email the tutorials out to you I will be cheering you on and sending you an abundance of love.

At the end of this programme or even during please feel free to email me some feedback so I can constantly improve and develop this course. I would also love to know how you have benefited from your new confidence and self image. Finally I hope to have the pleasure to meet with you one day and share a discussion about your confidence journey.

Recommendations for further resources and outstanding confidence

- Subscribe to KiE Leadership newsletter –once a quarter [your details will never be passed on or given out –our guarantee]
confidencenewsletter@kiechelle.com
- Confidence CD in production at a special introductory price for instant download to all students registered on this course. Please register your interest now and details will be sent to you. confidencecd@kiechelle.com
- This free course is just a taster to the full 1 day confidence workshop. To enquire about a 1 day confidence workshop in and out of London, please email confidencein1day@kiechelle.com
- Just launched our confidence party, a whole new twist to becoming empowered and up skilled! Email KiEparty@kiechelle.com
- This is a free confidence course for you but if you would like to have a consultation for confidence coaching please email confidencecoaching@kiechelle.com

As we respect your freedom of choice if you would like to stop all communications and be removed from our database please email unsubscribe@kiechelle.com

Disclaimer – This course is for personal development purposes only. It should not be used to replace any existing therapy sessions/medication you may be on. Kiechelle.com or KiE Leadership Training and Development will not be liable or held responsible for any misunderstanding due to this.

Tutorial 1

1. Are you ready? Are you really ready? I have met so many people who express a desire to move forward but when it comes to the crunch they are just not committed to it. They will 'like' more confidence but probably only if there isn't any time or effort on their part. The pain caused by the lack of self confidence just hasn't been great enough. They are just not ready. An interest is just not the same as being totally committed and ready.
You are the only one that can answer the 'ready' question. If you're not it's unlikely you will follow through with the recommendation, techniques and strategies. If you are then I am also 'ready' to commit to you, and to help move you forward in all the glorious way you can!
2. Let's get organised. Please pardon me if you are super organised and feel offended that I am covering such minute details but again – in my experience- and coupled with the fact I am not seeing or speaking with you directly I have to generalise to cater for all levels. Please bear with me. It will be worth it. Now back on tangent. Create a folder in your computer in which you save all correspondences. Get yourself a plastic/paper folder in which to keep all course materials, printouts, recommendation of resources and strategies as hard copies for back up purposes.
3. Allow a minimum of 1 hour per week [broken into smaller chunks throughout the week] to enjoy your course. Read all the information carefully. Follow through with the instructions. Commit to the development. What may seem like 'work' will soon become pleasurable as you see the results. I promise. Some of the techniques may require you to spend a few minutes every day doing something –just play full out!
4. Please do your best to approach each tutorial with a clear mind, if you are upset, angry or emotionally charged in any way your judgement is likely to be impaired. Use common sense.
5. Learn, open your mind, practice the techniques and have fun.

So on with the programme.... As you are the only one to see the responses, please answer all questions as honestly and as frankly as you can to access the situation.

1. Please think about the following list of questions carefully. How has the lack of confidence prevented you from moving forward in your life? What has it stopped you from achieving? What has it cost you? What opportunities have you lost out on? Interviews? Auditions? Meetings? Social situations? Meeting new friends or business associates? Returning to work after raising a family? Presentations or

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3. Who [a public figure or otherwise] do you admire for their self confidence? Why do they stand out for you? What specifically do you admire about him/ her?

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4. What area of your life do you wish to have more confidence in and why?

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5. If you can wake up tomorrow and have your ideal level of self confidence, what will be different in your life? What are you now able to do or achieve?

So that's the first module. Well done for completing it. You will be emailed the second module in exactly 1 week from when you signed up for the first one.

In the mean time please revisit the questions and make as many notes as you like. This is a journey of self discovery and it will serve to bring out something wonderful at the end.

Until we meet again [in one week's time] I wish you all the confidence in the world!

Live, love, laugh

Kiechelle

x

