

EXUDE CONFIDENCE SERIES

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- A man in a dark suit and bowler hat is seen from behind, walking away on a winding road that curves through a hilly landscape. The sky is overcast and grey. The road is paved and leads into the distance, flanked by green and brown hills.
- How often do you succumb to fear or doubt?
 - Do you find yourself paralyzed by indecision?
 - Overwhelmed by others opinion of what you should do?

**STOP
FEEDING
FEARS THAT
LIMIT YOUR
SUCCESS!**





EXUDE CONFIDENCE

INTRODUCTORY WORKSHOP & MASTER CLASS

How often do you succumb to fear and doubt? Do you find yourself paralyzed by indecision or overwhelmed by others opinion of what you should do? It is no secret that women, more often than our male counterparts, struggle with acknowledging our worth, commanding presence in the boardroom, and seek validation from others. We often find ourselves limited by our own insecurities and hesitating when faced with taking risks. The good thing is you are not alone!

During this interactive workshop you'll learn how to exude confidence, attract your ideal clientele, and practice adding value to conversations.

Introductory Workshop you will:

- Leave with 10 daily principles that will increase your confidence
- Identify the fears keeping you stuck
- Be the person you thought you could be when you were 10 years old.

During the Master Class you will:

- Identify the core values that you operate your business
- Add unique value to your company and propel your career or business
- Seize creative opportunities that only a confident leader would imagine

**We gain strength, and courage,
and confidence by each experience in
which we really stop to look fear in the face...
we must do that which we think we cannot.**

Eleanor Roosevelt



ABOUT ME

Angie Speller, LMHC, NCC is the owner and lead clinician of Enso Behavioral Healthcare. Angie has significant experience in the mental health counseling field. Her experience working in substance abuse treatment centers led to her mastery in treating people with the disease of addiction, eating disorders, mood disorders, trauma and an expert in group therapy. She earned additional masters certificate in Marriage and Family Therapy resulting in her proficiency repairing distant and distressed

relationships. She received her Masters Degree from the prestigious Rollins College and received additional training in Clinical Hypnosis, Dream Interpretation, and Career Counseling.

Pricing Introductory Course \$165

Introductory Course includes a 1.5 hour interactive experience where you gain insight into the fears that keep you stuck, grow from the 10 basic necessities of confidence, and normalize your limitations to confidence in particular settings. The interesting thing about confidence is that it is a spectrum and in specific surroundings our confidence fluctuates.

Master Class \$250

You can easily attend a lecture series where you listen to a speaker talk for 4 hours, but the Exude Confidence Master Class provides individual attention through working in pairs, one-on- one with the instructor, and with the larger group. We will help you practice scenarios that most often occur in business that lead to thoughts of doubt and insecurities and help you capitalize on those moments. Our brainstorming session offers you the opportunity to hear a group of creative people adding options to increase your brand identity and revenue.



This was an engaging workshop with an equally impressive handout. I loved every minute of it!

Irene T.





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