



## ***Learn How to be Confident™***

**The Online Course that is empowering women worldwide**



**Welcome to the *Learn How to be Confident™*  
eBrochure!**

***Learn How to be Confident™*** is a unique online confidence program. The program is delivered to your email inbox in a series of twenty-five steps, over a fifty day period.

Below you will find additional information on what is included in each of the twenty-five steps of the eCourse. We hope you find this information useful.

If after reading this eBrochure you have any questions please email our team at [confidence@24-7U.com](mailto:confidence@24-7U.com).

***Thank you.***

# **Learn How to be Confident™**

## **eCourse Description**

### **Series 1 : Understanding Confidence**



Have you ever *really* thought about how confident you are? In which areas of your life are you lacking in confidence? What has made you this way? How do you come across to others?

With ***Understanding Confidence***, Gladeana will give you the tools to help you identify the answers to these questions. She will also show you how to understand body language (crucial to developing confident relationships) as well as how to talk to anyone, anywhere.

This Series is an essential 'first-step' for anyone wishing to embark on a more confident journey.

#### **Course Format:**

- 5 lessons delivered to you by email
- 1 lesson delivered every 2 days for 10 days
- Includes audio links, exercises & work-sheets

## **Series 2 : The Skills of Confident Thinking**



Have you ever convinced yourself that you are bad at something? How did it affect your performance?

The fact is, when you want to become more confident it is important to have a confident thinking style – to be optimistic.

With ***The Skills of Confident Thinking***, Gladeana will help you to identify and challenge some of the most common thinking errors that drain confidence. You will consider the way in which your thinking affects your feelings and, in turn, how your feelings dictate the way you behave.

Life is as good as you make it and this begins with the way you think, so ***The Skills of Confident Thinking*** is an invaluable stage in the process of becoming confident.

### **Course Format:**

- 5 lessons delivered to you by email
- 1 lesson delivered every 2 days for 10 days
- Includes audio links, exercises & work-sheets

## ***Series 3 : The Skills of Confident Feelings***



Do you know how to get the most from your own and other peoples' emotions?

In ***The Skills of Confident Feelings*** Gladeana will show you a range of emotional skills that you can use in many different situations to increase your confidence. You will consider the importance of learning to praise yourself and others and you will also discover how to manage confidence-draining emotions such as depression, guilt, anger, shame, humiliation and anxiety.

This information packed Series will give you a fundamental head start in influencing not only how you feel, but also other people's attitudes towards you.

### **Course Format:**

- 5 lessons delivered to you by email
- 1 lesson delivered every 2 days for 10 days
- Includes audio links, exercises & work-sheets

## **Series 4 : The Skills of Confident Behaviour**



How do you cope with difficult situations? Do you have the ability to deal with challenges competently? Do you find it difficult to be assertive?

The fact is, the more skills you have to sort out the challenges that life brings, the more quickly and effectively you can deal with the situations presented.

With ***The Skills of Confident Behaviour***, Gladeana will equip you with the necessary tools you need to handle difficult situations effectively and with confidence. She will guide you through the process of how to develop problem-solving skills. You will also learn the skills you will need to become more assertive and, in turn, more confident.

This content filled Series will be an invaluable resource for any number of circumstances. It will provide you with the necessary skills to help you keep in control and handle situations more confidently.

### **Course Format:**

- 5 lessons delivered to you by email
- 1 lesson delivered every 2 days for 10 days
- Includes audio links, exercises & work-sheets

## ***Series 5 : The Skills of Confident Living***



How often do you catch yourself saying, "I would love to but I don't have the time"? Do you find yourself wishing things were different but unable to find the time to make the changes you want?

There are many conflicting demands on your time such as balancing work, day-to-day activities, home and social life. ***The Skills of Confident Living*** will help you to develop the time management skills you need to live your life effectively.

You will be able to develop the skills required to identify and manage the kinds of stresses that you may be facing that could be undermining your confidence.

Gladeana will also help you to consider whether your diet is supportive of your confidence or whether it hinders your abilities.

***The Skills of Confident Living*** provides a very rounded selection of coaching sessions/lessons based around subjects that you would not necessarily associate with confidence. However, these subjects play a crucial part in the overall content of a confident life and this Series therefore comes highly recommended.

### **Course Format:**

- 5 lessons delivered to you by email
- 1 lesson delivered every 2 days for 10 days
- Includes audio links, exercises & work-sheets

We hope you have found this information useful.

If you still have some questions, please email our team at [confidence@24-7U.com](mailto:confidence@24-7U.com) who will be happy to assist you.

If you are ready to begin the eCourse please click on the **BUY NOW** link below. Alternatively, you can return to the eCourse web page at <http://www.24-7u.com/confidence/women.asp>

*Thank you.*

**Yes, I would like to begin *Learn How to be Confident™***

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**£29 UK pounds [BUY NOW](#)**

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