



# BUILD

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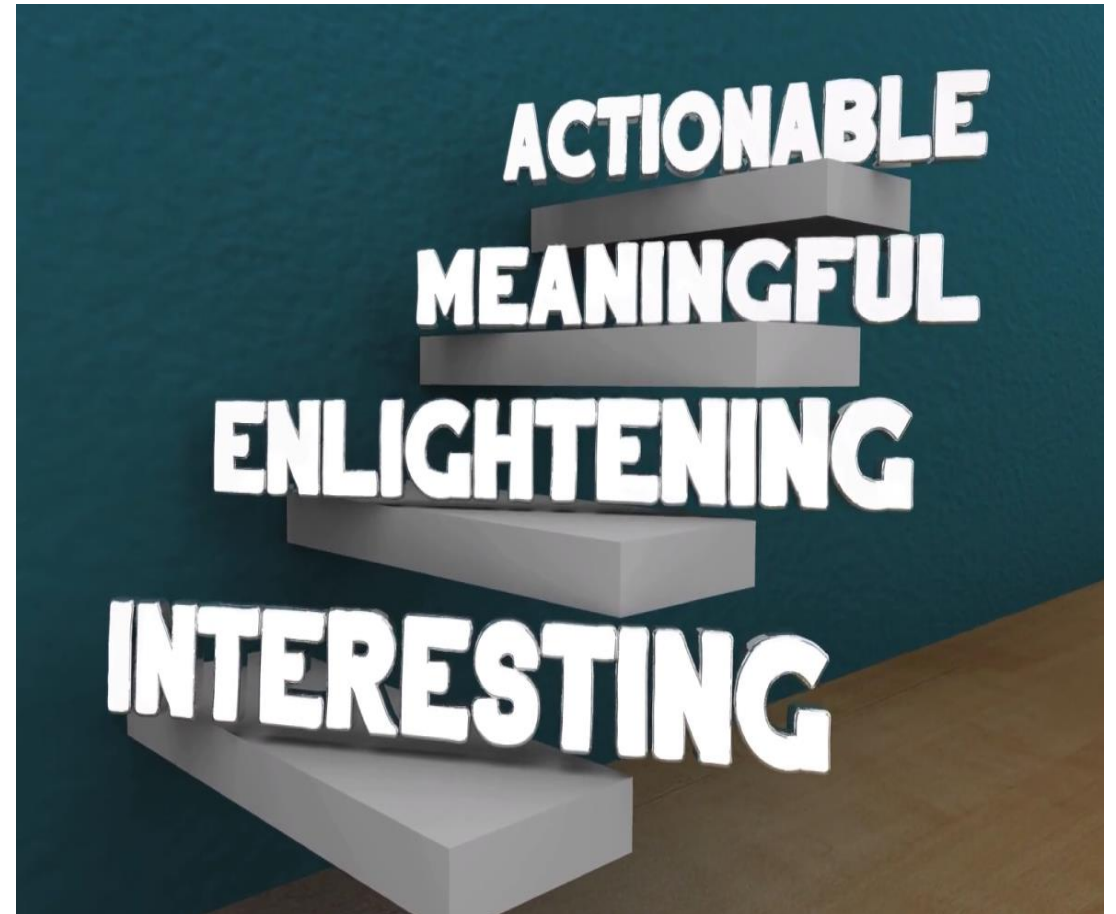
# SELF

# CONFIDENCE

# COACHING QUESTIONS TO BUILD SELF-CONFIDENCE

## DEVELOPED BY LOUISE ANNE MAURICE

- Do you feel secure or insecure when you try new experiences that take you out of your comfort zone?
- What is the meaning behind your feeling secure or insecure?
- What actions do you engage in that make you feel secure or insecure?
- If you are secure, how can you apply those feelings to other experiences where you may feel insecure?



# COACHING QUESTIONS TO BUILD SELF-CONFIDENCE

## DEVELOPED BY LOUISE ANNE MAURICE

- If you feel insecure, develop an action plan that will build your self-confidence to try new experiences.
- What goal will #selfconfidence help you achieve?
- Why do you want this goal? Why do you need this goal?
- If you **NEED** the goal, this needy energy is coming from a place of insecurity. Turn this around!
- See yourself as **BEING THE CONFIDENT RESOURCE** for the completed goal.
- What is the first step to owning this outcome?
- How will **YOU FEEL** when you have achieved it?
- What is the upside of having the goal achieved? What is the downside?
- What meaning have you attached more **FEELING** to?



# SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING COACHING TECHNIQUES AND HANDS-ON ACTIVITIES

## CONFIDENCE COACHING CERTIFICATION

### Course content

16 sections • 143 lectures • 10h 45m total length

[Expand all sections](#)

^	<b>Confidence Coaching GET RESULTS Session 1</b>	14 lectures • 1hr 19min
▶	<a href="#">Confidence Coaching Welcome</a>	<a href="#">Preview</a> 02:47
🔔	Quiz	1 question
▶	Confidence Coaching Statistics	04:35
▶	Confidence Coaching to Get Results	03:12
▶	Confidence Coaching 1 Intro	03:25
▶	Confidence Coaching 1 People	03:34
▶	Confidence Coaching 1 Physiology	05:32
▶	Confidence Coaching 1 Prep	04:30
▶	Confidence Coaching 1 Step 1	05:35
▶	Confidence Coaching 1 Step 2	03:55
▶	Confidence Coaching 1 Step 3	08:47
▶	Confidence Coaching 1 Step 4	04:28
▶	Confidence Coaching 1 Step 5	05:11
▶	Confidence Coaching 1 Practicum	05:09
▶	<a href="#">Certification + FAQ</a>	<a href="#">Preview</a> 18:02
∨	<b>Confidence Coaching GET RESULTS Session 2</b>	10 lectures • 40min
∨	<b>Confidence Coaching GET RESULTS Session 3</b>	10 lectures • 41min
∨	<b>Confidence Coaching GET RESULTS Session 4</b>	10 lectures • 37min

## TO-DATE THERE ARE OVER 500 REVIEWS OF THE COURSE

★★★★★ 4 months ago

Great course. Exactly what I have been after and more. I would like to say that the way Louise the instructor on this course teaches is amazing.

The information that she relays in a way that is easy and interesting to absorb.

The reason I have invested in this course is because I have done various Coaching courses and NLP courses in the past and I have never been able to put together a structure that is proven to get results, I have had a block and really had information overload.

And this is what has held me back from really taking on a career as a coach.

As I continue to work through this course I am of the belief that at last I have something that I can work with and at last start my career as a Coach.

The way that I am learning this course course is

1) Going through all the lessons to see what is in the content.

2) Go through the lessons again and this time to coach myself with the strategies etc, so I can see how it works. 3) Go through the lessons again, this time so that I am taking all the notes required and creating the template and structure to use with clients.

And 4) Hopefully get out there do the field work as my goal is to do this professionally as an online Confidence Coach. Thank you Louise this course is Fantastic and greatly appreciated.

★★★★★ 5 months ago

I love Louise Anne Maurice - simplistic yet complex agendas with clients made easy!! I would highly recommend for any coach that wants to add some more tools to their kit!

### Frequently Bought Together



#### Confidence Coaching Certification CGRCC Confidence Coaching

Get Results Coach Academy, Louise Anne Maurice

3.9 ★★★★★ (526)



#### Stress Management Coaching Certification CGRSC Stress Coach

Get Results Coach Academy, Louise Anne Maurice

4.6 ★★★★★ (761)

Bestseller

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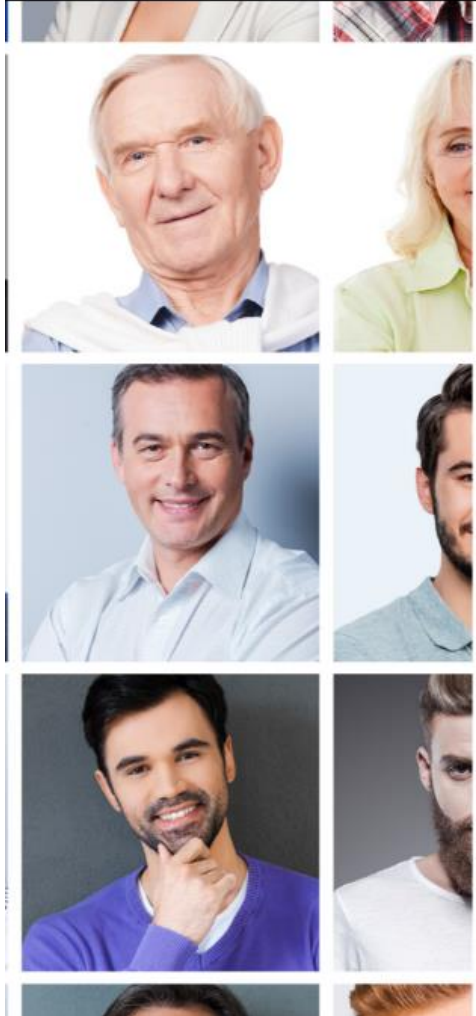
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LOUISE ANNE MAURICE

### In Life

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Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training



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