

HOW TO BELIEVE

IN YOURSELF

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HOW TO BELIEVE IN YOURSELF

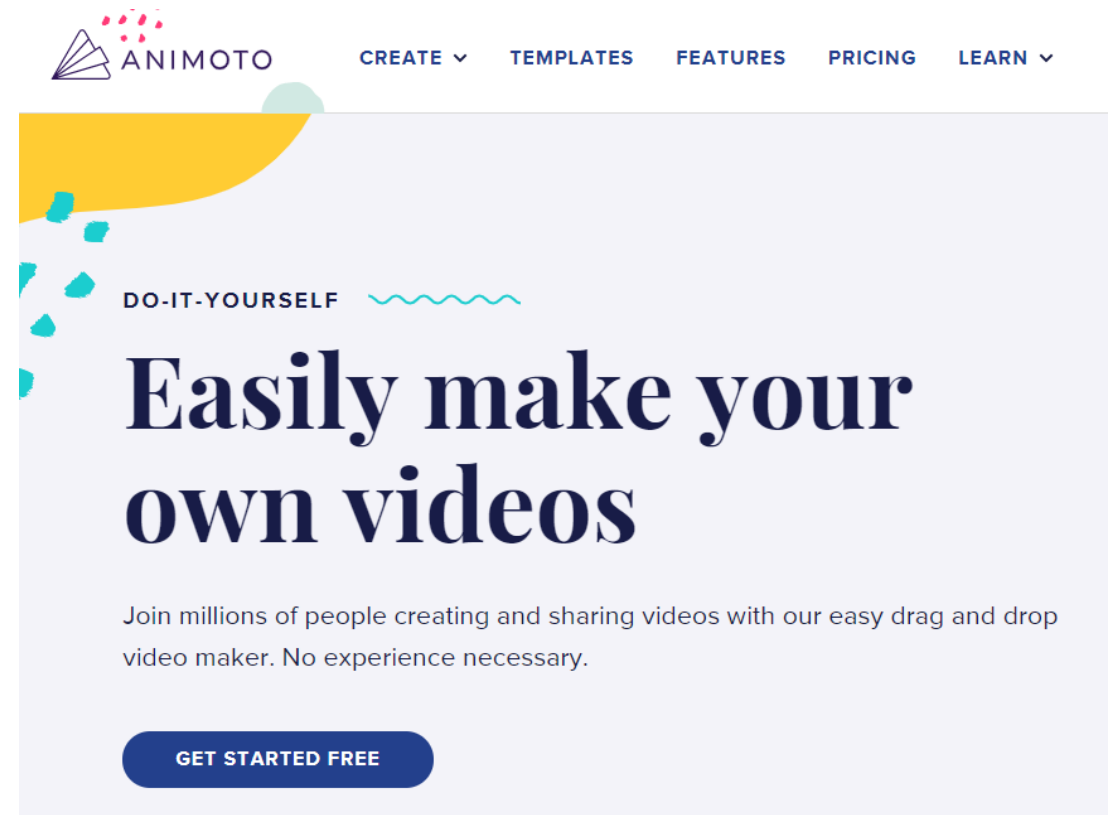
EMPOWERED COACHING QUESTIONS

DEVELOPED BY LOUISE ANNE MAURICE

- What do you believe to be true about your self-worth? Think about the questions below to guide you.
- What have you denied yourself? Do you deny yourself success? Do you deny yourself happiness in relationships or life? Does this denial feel normal?
- What if the opposite were true? What if you believed that you were worthy of all success, all happiness in life, how would this feel?
- What if you truly believed you were worthy of the best in life, what feeling would you feel? What sensations would you experience?
- With this new self-worth, what do you believe is possible for you? What phrase can you use to signify this new belief? What images represent this phrase? What sounds represent this phrase?

HOW TO BELIEVE IN YOURSELF HANDS-ON ACTIVITY USING FREE ONLINE RESOURCE DEVELOPED BY [LOUISE ANNE MAURICE](#)

- After you have answered those questions, create a movie in your mind that brings to life a new version of your self-worth where you believe in yourself.
- You can also create a physical version of this movie using the free video creator at [animoto](#) so that you can watch it and then replay it in your mind.



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

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^ Confidence Coaching GET RESULTS Session 1	14 lectures • 1hr 19min
▶ Confidence Coaching Welcome	Preview 02:47
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▶ Confidence Coaching 1 Intro	03:25
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▶ Confidence Coaching 1 Step 4	04:28
▶ Confidence Coaching 1 Step 5	05:11
▶ Confidence Coaching 1 Practicum	05:09
▶ Certification + FAQ	Preview 18:02
∨ Confidence Coaching GET RESULTS Session 2	10 lectures • 40min
∨ Confidence Coaching GET RESULTS Session 3	10 lectures • 41min
∨ Confidence Coaching GET RESULTS Session 4	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

CHECK OUT MORE COURSES FROM LOUISE



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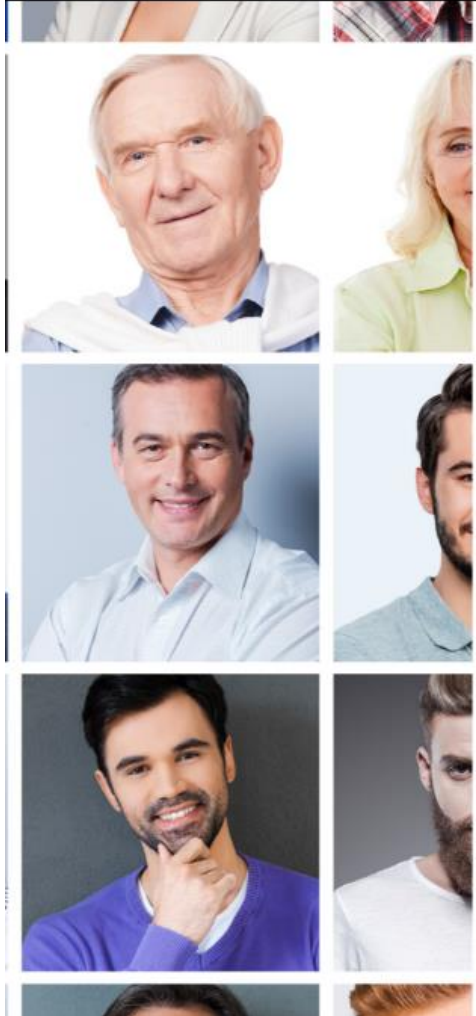
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Empowerment Expert

LOUISE ANNE MAURICE

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Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training



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