



Increase Your Confidence

Confidence. We certainly know when we haven't got it, and when we have got it, we hardly notice it. But how do we get it? And how do we keep it?

Regardless of our job title, there are certain situations that cause our confidence to ebb away. No matter where we stand in an organisation, from the very top to the most junior, a crisis of confidence can strike in an instant. When it does, 'flight or fight' kicks in. Blushing, sweating, brain going blank and butterflies in the stomach are all common, and each element is telling you *don't do this thing, stop now, it's not worth it – danger!* It's perfectly normal.

Lack of confidence can be overcome in steps and with the support of our confidence coaching programmes, your confidence levels will be transformed.

MSA will build a bespoke programme for you, and we will maintain it through weekly contact, until you achieve your goal.

"My confidence has grown and I now believe in myself. Fabulous, fabulous, fabulous!"

"The one to one sessions I had with Mike were a crucial part of building the confidence I needed to get the dream job I wanted. I couldn't have done it without him!"

Experienced & inspirational coaches ○ Bespoke programmes ○ In-house training ○ Group training ○ 1-2-1 ○ Nationwide coverage

To find out what we can do for you, contact us today on:

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MSA
Mike Sullivan & Associates

...providing a unique and innovative approach to business coaching & training