

COURAGE

CRUSH SELF-DOUBT



Courage is not really about heroic acts, it is rather about making the decisions that bring us closer to our goals, even if they are risky or difficult. Learn about three simple actions to unlock potential from which everybody will profit!

Let's suppose you are sitting in a meeting surrounded by power plays and premium clients. Do you speak up and contribute or keep silent? Do you let your innovative ideas shine or keep them to yourself? Do you stand up and present confidently or apologetically? Do you say you dis/agree or over think, doubt and paralyze yourself? Do you let your fear drive your life or business decisions, or do you get behind the wheel and drive your results? Our brain is designed to keep us safe and comfortable. The trouble is that real growth and development do not happen in comfort zones. Something new that can help us grow requires energy and effort to interrupt the autopilot mode our brain likes. How to start taking your life and business to the next level? Outsmart your brain to achieve your goals. Stop sabotaging your business results and learn hacks that will help you and will influence your future.

OUTCOMES

You will

- raise self-awareness on how to be courageous in key business opportunities
- debunk three myths about courage and decide what your next level is (business and life)
- get clarity and courage in life and business
- learn what your instincts and excuses can teach you
- know how our brains stops us between impulse and actions and how to unblock it
- take away ten long-lasting hacks to get in touch with inner wisdom and outsmart your brain when it is hijacked by insecurity or fear
- be able to use the Coaching Wheel of Life and trigger courageous actions that will make the biggest change in your life

Target Audience

- Mid-level high potential female managers with at least 8 years of working experience and ideally 3+ years of leadership experience
- Max. 25 participants from different Advance member companies

Format

- One day workshop (1 credit per participant)
- Additional credits can be bought for 1'100 CHF per participant
- Language: English

Registrations

- Via the member area of the Advance website

FACILITATION



Gabriela Müller Mendoza is founder of Gabriela Mueller Coaching International GmbH (2002), a socially conscious global coaching and training company that touches thousands. Through her dynamic and unique training programs, virtual courses, blogs and large seminars, she positively impacts women in over 80 countries. Gabriela helps professional women aim high and trigger actions to create results. Her clients are leading organizations in IT, telecom, banking, pharmaceuticals, sport management bodies, energy and global NGOs.



Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at contact@advance-women.ch / www.advance-women.ch