

# 3-Week Confidence Building Workshop for Working Professionals with SKILLFUL HEALING

Week 1

Foundations of confidence and mindset



Week 3

Accept who you are



Week 2

Learn to Express yourself

## Do you relate to this?

### Nervous to Speak Up

You have ideas but feel nervous to speak up in meetings.

### Struggle to Handle Team

You lead a team but struggle to handle them confidently.

### Fumble or Freeze

You fumble or freeze during presentations or interviews.

### Mind Goes Blank

You prepare well, but when the moment comes – your mind goes blank.

### Fear Being Judged

You want to express yourself clearly, but fear being judged or misunderstood.

**If yes – you're not alone.** Many capable professionals face the same blocks even after years of experience. This workshop helps you break those inner patterns and speak with confidence and ease.

## Meet Your Coach

Hi, I'm Suman Sharma, a Soft Skills and Wellness Coach.

Over the last 7 years, through working, volunteering, traveling, and engaging with different communities, I realized something important: soft skills are not just about jobs or interviews. They shape our everyday lives. They decide whether we close a deal in our career, whether we build strong relationships, or whether we create opportunities even as students in school or college.

That's how for the past few years, I started helping working professionals and students transform the way they think, feel, and express themselves. Through my communication and confidence programs, participants learn how to balance mindset, body language, and self-belief – to express naturally and lead authentically in both personal and professional life.



# Workshop Format Options

## Option 1: 3-Day Workshop

A compact, high-impact journey to rediscover your confidence.

## Option 2: 6-Day Workshop

**Saturday** - Learn and practice new tools

**Sunday** - Deep-dive practice, personalized feedback, and individual guidance

(If you're ready for real transformation, the 6-day version is for you.)

# Curriculum Overview

01

## Day 1 – Awareness

- Identify your unique strengths and weaknesses
- Understand your personality traits and confidence patterns
- Learn what triggers nervousness or self-doubt
- Build awareness of your inner self-talk and beliefs about confidence

02

## Day 2 – Expression

- Master body language and posture that radiate confidence
- Learn how to show up even on low-energy days
- Practice vulnerability without fear
- Discover how to express your authentic self while creating natural charm
- Handle group discussions, presentations, and workplace communication confidently

03

## Day 3 – Acceptance

- Accept Not Knowing
- Embrace Mistakes
- Own Your Voice
- Learn to be okay with not knowing everything
- Build the mindset to make mistakes and still move forward
- Be comfortable in your own skin while speaking or leading
- Learn how to rock your interviews with ease and authenticity

📌 **For 6-Day Participants:** You'll practice real-life situations like giving presentations, handling teams, and interviews – with personal guidance.

## Results You Can Expect

### After 3 Days:

- Identify your confidence blocks
- Gain clarity and tools to manage fear and hesitation
- Feel calmer and more grounded while speaking

### After 6 Days:

- Notice visible change in expression and leadership presence
- Feel natural while expressing ideas or leading discussions
- Build lasting self-belief and emotional balance

Join Now

Transform the way you think, feel, and express yourself