

*The Kickstart Guide to*  
**Ultimate Self-Confidence**

**The 3 Secrets to Believing in Yourself**

BY NINA URMAN

**DECLUTTER YOUR BRAIN. UNLOCK YOUR POTENTIAL. LIVE YOUR PURPOSE.®**

# Are you ready?

**Being an Executive Spouse sounds beautiful to the outside world.** But how does it really feel? Let me ask you a question:  
*How is your relationship with yourself?*

**Do you feel comfortable with your thoughts and beliefs about yourself and what you can create in this world?** Or do you struggle with doubts, insecurities and worries? Do you ever resent your husband or wife's demanding role and wonder when the time will come for your dreams and desires?

**Intellectually, you know that you are strong, capable, and powerful and can achieve anything you want.** You are smart, driven, ambitious... with many accomplishments behind you. You know you came into the world to embrace your unique YOU and to make a meaningful contribution.

**And yet, you are often overwhelmed by self-critical, anxious thoughts, fear and stress.**

**It's time to shed the things that are holding you back and to learn to live your life from your Essence, the best version of YOU!** No more self-doubt, no more insecurity, no more wasting time on perfectionism and procrastination.

***3 Secrets to Self-Confidence Kickstart Guide + Video Course for Executive Spouses* is the first step to truly becoming the CEO of your Life, allowing you to own your power and live your purpose.**

**Learn the 3 Secrets to Self-Confidence that no one taught you by watching each of my three videos as soon as they arrive in your inbox.** I'll send them one at a time over three days. *Don't wait to watch!* You know what happens when you put off something for later: LATER NEVER COMES.

**There are only THREE keys you need to know to start believing in yourself.** I'll teach them to you quickly and you'll be able to start doing them immediately. They are common sense: simple but profound concepts. I will provide an exercise to help you integrate and practice each one and will introduce several questions. Your answers will help you understand how to apply the Three Secrets to your life.

**The best part is that you already have the answers inside you!** You just need to detach from the things that have been holding you back and I will help you learn how.

**Your LIFE starts NOW, and you can do this!**



As the CEO and Founder of **InsideOut Coaching**, Nina Urman is **The Confidence Coach for Executive Spouses**.

As a former professional tennis player and a life-strategist with 10+ years of experience delivering transformations, Nina supports **Executive Spouses** around the world, helping them to tap into the highest expression of themselves so they can live extraordinary lives on ALL levels.

She thinks in English, feels in Russian, organizes in German, speaks fluent French and coaches in all four languages.

Nina's holistic InsideOut-Coaching Method and laser-like tools ignite real change that lasts a lifetime.

Nina has a Masters Degree in Finance & Strategy and International Relations from Sciences Po and MGIMO and is a Certified Executive and Life-Coach.

As a CEO Spouse herself, Nina has a wealth of experience managing a career and a thriving blended family with three young children and four stepchildren.



