

Self-Confidence

Learn to free yourself

with **Life Coach & CFF, Nina Urman**

Self-Confidence is a skill you can practice and integrate into your life to create results you didn't even think were possible.



You are a smart, driven, ambitious leader 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, your brain is often running a mile a minute with self-critical anxious thoughts, fear, and stress.

- **You worry about not being enough (*smart enough, educated enough, selfless enough... fill in the blank*).**
- **You worry about being too much.**
- **You worry about what others people think of you.**
- **You worry about your potential and what's yet to come for you.**
- **You worry about balancing your career, family and ambitions.**
- **You feel like you "have it all" on the outside, but somehow the feeling inside doesn't always line up.**

You might have read countless personal growth and leadership books, tried to bubble bath your stress and inner critic away, and may even have invested in therapy.

And yes, some of these things may have helped temporarily. But the truth is: self-doubt, stress, overthinking, Imposter Syndrome, a sense of feeling overwhelmed... All of that very much continues to lurk in your life.

This workshop will change everything for you.

What we will cover:

- Why Self-Confidence matters more than you think.
- The difference between Confidence and Self-Confidence.
- 4 practices that will help you feel more confident immediately.

www.ninaurman.com



“My work is grounded and rational, as well as spiritual and transformative. I seek to guide you towards your inner wholeness and am committed to helping you create a conscious and fulfilled life on ALL levels!”

Nina Urman

A Certified Professional Life Coach with a master's degree in Finance & International Relations from Sciences Po (Paris) & MGIMO (Moscow), Nina has spent more than a decade honing her craft as a coach & facilitator, working with top-tier executives, CEOs, leadership teams and board members.

Nina is also a Russian-German former professional tennis player and is based in Paris where she lives with her husband and their 7 children.

She has worked across over 30 countries and with more than 2000 individuals, with one clear aim: to raise the level of awareness and holistically elevate their life experience.

Nina's work includes facilitating Executive Retreats, Forums, Supercharges and Deep Dives that help to enhance personal development in community settings.