

The Tools to Build a More Confident Workforce and a More Competitive Organization

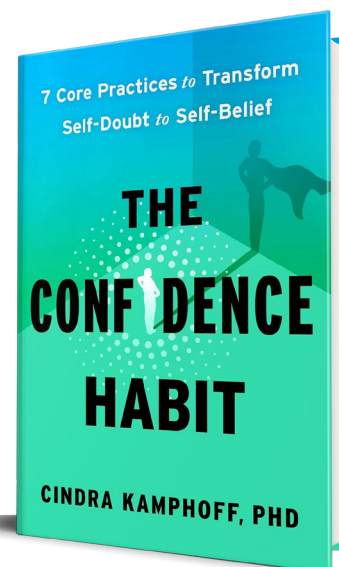
As Dr. Cindra Kamphoff knows from working as a top mental performance coach to business leaders and professional athletes, confidence isn't an elusive trait reserved for the lucky few; **it's a skill that anyone can master.**

In *The Confidence Habit*, Dr. Kamphoff shows how teams and organizations can build this skill through an actionable and a proven framework based on cutting-edge research in performance psychology, neuroscience, and positive psychology. It features 7 core practices and 19 confidence-boosting strategies and step-by-step methods that lead to:

- Increased Productivity
- Reduced Stress Levels
- Better Decision-making
- Higher Retention Rates
- Greater Innovation & Creativity
- Stronger Leadership Potential
- Improved Company Culture
- And Other Tangible Impacts



Cindra Kamphoff, PhD, CMPC, PCC, CSP, is an award-winning keynote speaker and certified mental performance coach for leaders, educators, athletes, and championship teams. She has provided mental training for the Minnesota Vikings and the United States Olympic Track and Field team. She is also the author of *Beyond Grit* and *Beyond Grit for Business*, as well as the owner of the Mentally Strong Institute and leader of the non-profit Mentally Strong Kids.



"The Confidence Habit provides a fresh, research-backed framework for building lasting confidence from the inside out. This book is an invitation to stop questioning your worth and start owning your voice."

— **Molly Fletcher**, #1 USA Today bestselling author of *Dynamic Drive*



Partner with Cindra Kamphoff to bring *The Confidence Habit* into your organization, team, or event. Custom packages can include books, keynotes, workshops, virtual or in-person engagements.

CONFIDENCETOOLS.COM

Partner with Cindra Kamphoff on these custom high-value experiences that expand *The Confidence Habit* into a shared, transformational experience for you and your organization.

Each are designed to help your team apply the book to real world scenarios.

LEAD YOUR OWN CONFIDENCE WORKSHOP

Bring *The Confidence Habit* to your team with self-guided resources from Cindra.

- The Ultimate Confidence Transformation Workbook
- *The Confidence Habit* Discussion Guide
- Up to 25 Hardcover Copies of *The Confidence Habit*

VIRTUAL WORKSHOP

All of the benefits of running your own workshop with dedicated virtual guidance + a keynote from Cindra.

- 1 hr Virtual Confidence Keynote
- 30 min virtual leadership pre-meeting with Cindra
- The Ultimate Confidence Transformation Workbook
- *The Confidence Habit* Discussion Guide
- Up to 200 Copies of *The Confidence Habit*

LIVE IN-PERSON WORKSHOP

Bring Cindra + *The Confidence Habit* into your organization for an empowering event.

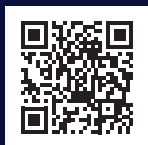
- 30 min discovery meeting with Cindra to review your team's needs
- 2-4 hour custom workshop + Confidence Keynote by Cindra
- The Ultimate Confidence Transformation Workbook
- *The Confidence Habit* Discussion Guide
- Up to 500 Copies of *The Confidence Habit*



"Confidence is a habit, built through seven concrete practices grounded in performance psychology and two decades coaching elite athletes and executives. *The Confidence Habit* is rigorous, practical, and long overdue."

—Dr. Marshall Goldsmith,

Thinkers50 #1 Executive Coach and *New York Times* bestselling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*



For availability and custom packages, contact
info@mentallystronginstitute.com