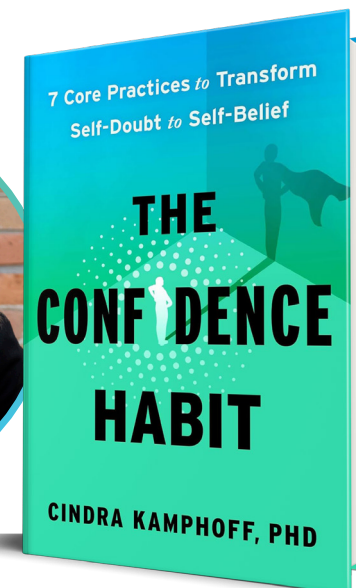


Build Unshakeable Confidence That Transforms Fear and Self-Doubt Into Self-Belief.

Break free from crippling self-doubt, readjust your mindset, and step into confidence—no matter the situation. 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 you how to 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 to:

- shift self-doubt into self-belief
- transform fear into action
- create a rock-solid inner foundation



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 for four years, working one-on-one with the players. Cindra worked with the United States Olympic Track and Field team while they were in Tokyo working with the athletes one-on-one to help them train their minds. 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—not just read it

BRONZE

- The Ultimate Confidence Toolkit Exclusive Digital Resources
- Invitation to *The Confidence Habit* Book Club
- Live Confidence Summit Event
- **10 Hardcover Copies of *The Confidence Habit***

\$309 (\$750 value)

SILVER

- The Ultimate Confidence Toolkit Exclusive Digital Resources
- Invitation to *The Confidence Habit* Book Club
- Live Confidence Summit Event
- Membership access to the Mentally Strong Academy for six months
- **25 Hardcover Copies of *The Confidence Habit***

\$799 (\$1,457 value)

GOLD

- The Ultimate Confidence Toolkit Exclusive Digital Resources
- Invitation to *The Confidence Habit* Book Club
- Live Confidence Summit Event
- Membership access to the Mentally Strong Academy for six months
- A Confidence-Breakthrough Coaching Call with a Certified Mentally Strong Coach
- **50 Hardcover Copies of *The Confidence Habit***
- **\$1,799 (\$2,445 value)**

PLATINUM

- The Ultimate Confidence Toolkit Exclusive Digital Resources
- Invitation to *The Confidence Habit* Book Club
- Live Confidence Summit Event
- Membership access to the Mentally Strong Academy for six months
- A Confidence-Breakthrough Coaching Call with a Certified Mentally Strong Coach
- A 60-Minute Virtual, Live, Personalized Confidence Keynote to Your Team by Dr. Cindra
- A pre-event call with Dr. Cindra to ensure a customized approach to the live engagement
- **100 Hardcover Copies of *The Confidence Habit***
- **\$3,599 (\$8,882 value)**