

Calmly confident: *only messy ducks allowed!*

Next course
starts October 2023



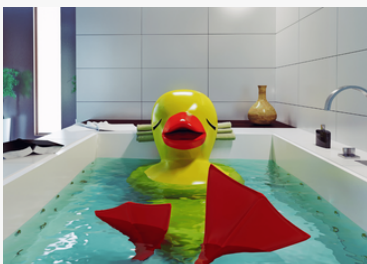
Are you a working woman who

- is stressed, anxious, exhausted - or all three?
- is struggling with low self-confidence?
- would welcome a safe, honest environment with like-minded women?
- knows it's time to invest in yourself?
- wants high quality support -- but without the price tag of 121 coaching?

Then I've made my next group course especially for you...

... but book soon

- **Only ten places available**
- **Early bird discount until 8 September**



To find out about my messy duck story, see below

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Over seven weeks I will help you

- (re)build confidence in yourself
- acquire strategies to help you overcome imposter syndrome, perfectionism, fear of rejection, etc
- develop your physical and online presence and confidence
- build and maintain positive beliefs and habits to support you in the future

Benefits

- **Improved confidence, visibility & productivity**
- **Reduced stress and anxiety**
- A supportive **network** of likeminded women
- Free access to **Positive Intelligence app** - *for a whole year!*
- Option to add two hours of additional 121 coaching at half price (**only £125** per hour versus my usual rate of £250)
- **Money back guarantee+**

When and where?

- Online, 60 minutes a week
- 7 weeks, starting the week of 2nd October (no session week of 23 October)
- Mondays or Thursday mornings

Costs & payment plans

- Price of app - valued at \$999 (c£825)
- 7 hours of group coaching - valued at £825
- **Total value £1650**
- Half price offer of **only £825** for bookings made before 8 September (£999 thereafter)
- Can be paid in 3 instalments of £275 (£333 after 9 September)

+ Assuming full participation & completion of agreed actions

TIMETABLE

Week 1: **Why confidence matters so much in the workplace**

- What affects women's confidence in the workplace
- How confidence is mistaken for competence
- How confidence impacts your wealth and well-being

Week 2: **Calmly confident time management and prioritising**

- Strategies for freeing up time and energy
- Prioritisation tools
- Introduction to Positive Intelligence app

Week 3: **Overcoming negative behaviours & feelings**

- How you're holding yourself back
- Dealing with your inner critic and imposter syndrome
- Setting your confidence goals

Week 4: **Overcoming negative behaviours & feelings**

This will be personalised to the group but typically covers

- perfectionism
- people pleasing
- fear of not being in control

Week 5: **Calmly confident behaviours**

- Asking for what you want
- Overcoming fear of rejection
- Setting boundaries, saying no, & delegating

Week 6: **Projecting a confident presence in person and online**

- Your personal brand
- Calmly confident body language
- Making the most of LinkedIn

Week 7: **Sustaining positive habits**

- Progressing your goals
- Accountability
- Continuing Positive Intelligence habits

Why work with me?

You will gain personal access to

- my expertise as a highly regarded coach, mentor & trainer
- my extensive knowledge of how to support working women
- my skills in creating safe, welcoming spaces for women to explore their working lives
- my training as a Positive Intelligence coach which grants me unique access to a cutting edge mental fitness app



What others say about me

Maria has been such a positive force in my life just when I needed it! At a stage in my life when I knew a change was needed but had no idea what, the coaching sessions with Maria have given me the energy and confidence to move forward.

our coach, Maria Evans, achieved the difficult task of leading the group while also giving us space to discuss and discover each other's worries and hopes. Her communication was excellent and her approach combined professionalism, reassurance and care, creating a productive and safe group environment.

Thank you for leading us with such insight and honesty, it really was refreshing to have an expert be open and real about their own journey through work and life.

You made me feel welcomed, valuable and comfortable from the start and the community of women were bonded by the kindness of your nature and relaxed (but efficient) delivery style, which gave us all equal footing and voice.

The incredibly safe and nurturing (virtual) space Maria provided really helped me to explore possibilities, better understand myself and what really works for me.

To secure your place:

email me: mariaeavansphd@gmail.com

contact me via my website: mariaeavans.com/contactus.php

message me on LinkedIn: [linkedin.com/in/maria-evans-phd/](https://www.linkedin.com/in/maria-evans-phd/)

About me (& my messy duck story!)

I've spent my professional life trying to be how I thought a working woman should be: professional; perfect; swan-like. Only those closest to me knew how furiously I was paddling underwater, which twice led to burnout...

I've now rejected the perfectionist swan, embracing rather than suppressing the messiness of juggling my career and personal life, suppressing the vicious voices in my head, so that I can focus my coaching work on empowering other women to do the same. Calmly. Confidently.

Find out more about my messy duck story here: portfolio-collective.com/content/articles/community-voices/elegant-swans-and-messy-ducks-marias-story/

About Positive Intelligence

"Your mind is your best friend. But it can also be your worst enemy": To find out more about Shirzad Chamine's groundbreaking work on Positive Intelligence, check out the website www.positiveintelligence.com

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