

12-Week One-on-One Social Confidence Coaching Program

This program is designed with tools and exercises that will boost your confidence and help you feel comfortable in your own skin, then naturally at ease around others. These tools, used by millions and tested by me through years of trial and error, are simple yet powerful.

When I first started my journey toward social confidence, my first two therapists didn't fully understand social anxiety, and their methods fell short. It wasn't until I met a coach who truly got it that I was introduced to tools that were easy to use and highly effective.

After 10 years of research, trial, and error, I've found that only a few core techniques truly matter—and they can produce a deep and lasting sense of ease. I'm not superhuman—I still feel nervous, anxious, and afraid, and likely always will. But now, instead of holding me back, these feelings empower and ground me.

My goal with this program is to help you experience a level of calm and confidence you've either never felt before or only had briefly. These tools are as simple as they come, but they pack a punch and are easy to integrate into daily life.

Week 1: Awareness Log

This week, you'll begin by learning about your inner critic—those automatic, negative thoughts that often hold you back. I'll teach you simple yet effective ways to engage with this voice differently, whether through curiosity, compassion, or rational dialogue. Your homework will be to start an **Awareness Log**, where you'll track these automatic thoughts. This log will be a key tool throughout the program, helping you monitor your progress as you gain control over your inner dialogue.

Week 2: Mindfulness Meditation

In Week 2, you'll be introduced to mindfulness meditation, a foundational practice that will help you become more aware of your thoughts, feelings, and reactions. You'll learn a simple 10-minute meditation that will stay with you throughout the program and beyond. Your homework is to practice this daily, gradually integrating it into your routine for the next 12 weeks. Mindfulness will help you stay present, manage anxiety, and build resilience.

Week 3: Gradual Exposure List

This week, we'll tackle your fears head-on. You'll learn how to create a **Gradual Exposure List**, starting with smaller, manageable fears and working your way up to more challenging

situations. The goal is to face your fears step by step, building confidence as you go. Your homework is to begin with the least intimidating fear on your list and start confronting it directly. This gradual approach allows your body and mind to adjust to new levels of discomfort, without feeling overwhelmed.

Week 4: Awareness Log – Part 2

In Week 4, we'll dive deeper into how you interact with your inner critic. You'll learn new techniques to soften the critical voice, such as responding with empathy, problem-solving, encouragement, and self-love. Your **Awareness Log** will continue to evolve as you track your thoughts and experiment with these new approaches, helping you develop a more supportive inner dialogue.

Week 5: Exposure – Part 2

We'll continue building on your exposure work, but this week we'll turn up the intensity. You'll face slightly bigger fears and see how your body and mind react to these new challenges. We'll analyze your responses, and you'll learn to embrace these reactions as part of the process. By pushing your comfort zone further, you'll gain greater resilience and confidence.

Week 6: Breathing Techniques & Peace Process

This week focuses on **breathing techniques** and emotional processing. You'll learn how to breathe deeply and correctly, especially when confronting fear, anger, or other difficult emotions. The goal is to help you find peace within discomfort, enabling you to manage these emotions without being overwhelmed. Your homework will involve practicing these breathing exercises daily, reinforcing your ability to stay calm under pressure.

Week 7: Assertiveness Training

In Week 7, you'll explore the power of **assertiveness**, the balance between passivity and aggression. You'll learn how to express your needs and boundaries confidently, without fear of rejection or conflict. Assertiveness is a key skill for social ease, and your homework will involve practicing this in real-life situations, such as at work or in social settings.

Week 8: Handling Rejection & Conflict

This week, we'll tackle the fear of rejection and conflict. You'll develop a mindset of **curiosity and boldness** when faced with rejection, transforming it from something painful into an opportunity for growth. We'll discuss practical strategies for navigating conflicts, maintaining calm, and standing your ground. Your homework will be to approach challenging situations with this newfound confidence.

Week 9: Habits & Daily Rituals for Confidence

Week 9 is all about building habits that fuel your confidence. We'll explore key daily rituals that promote personal growth, such as regular exercise, mindful studying, talking to strangers, cold showers, and a healthy diet. These habits will not only boost your confidence but also create a foundation for long-term success. Your homework will be to incorporate these practices into your daily life, step by step.

Week 10: Cold Shower Challenge

This week, we'll introduce the **Cold Shower Challenge**, a powerful exercise to help you train your mind and body to face discomfort. Cold showers mimic the discomfort of social anxiety, and by learning to endure the cold, you'll develop mental toughness and resilience. Your homework will be to gradually incorporate cold showers into your routine, focusing on your breath and mindset as you endure the cold.

Week 11: Exposure & Awareness – Part 3

In Week 11, you'll face your **highest level of fear**—whether it's public speaking, approaching an attractive person, or tackling whatever has been holding you back. You'll use everything you've learned so far to approach this challenge with confidence. This will be your ultimate test of growth, and we'll be there every step of the way to support you.

Week 12: Long-Term Planning & Evaluation

As we reach the final week, we'll reflect on your journey and assess your progress. We'll look at how far you've come, evaluate the growth you've experienced, and plan for the future. Together, we'll map out a long-term strategy to maintain and build on the skills you've gained. My goal is to ensure that you leave this program with a clear vision for your continued personal growth.

Week 13 (Bonus): Free Call – Anytime

As a special bonus, Week 13 offers you an open line to me for a free one-on-one call. Whether you want to ask questions, get extra advice, or just say hi, I'll be available to support you. This is your chance to get personal feedback or simply celebrate your success!