



## **Neal Whitten – 25 Actions to Build Your Self-Confidence**

This course presents the following topics:

- Meet the Author
- Introduction
- Course Overview
- Six Tenets
- 25 Actions You Can Employ
- Exercise: Examine Your Risky Behavior
- Answers to Commonly Asked Questions
- Exercise: Examine Instances of Low Self-Confidence
- Power Snippets
- Quiz
- Summary & More Thoughts
- Closing
- Evaluation and Certificate