



**AVENTIS**  
LEARNING GROUP

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**Confidence Anywhere,  
Anytime**

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# Overview

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## *Self-Confidence Activated: How to Boost Your Self Esteem and Unleash Your Hidden Alpha*

### **What Would Your Life Look Like If Nothing Held You Back?**

With the correct mental tweaks, strategies, and tools to activate confidence in yourself. We are all born confident. However, somewhere along the way, we picked up negative beliefs about feeling unworthy about being not good enough. All that negative self-talk and doubt. It lingers within us — affecting us every day.

Science shows that up to 90% of what we do as adults is dictated by subconscious patterns learned as a child. It is time to claim back what is rightfully ours and take back our power to experience unhindered confidence. Be a confident person in your personal & professional life who eliminates all doubts and self-assuredly achieve the goals you set out to get.

# Overview

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## *Lack of Confidence Could Affect Your Life and Career*

Are you staying in your comfort zone, fearing failure, and avoiding risk? Have you ever tried working so hard to cover up mistakes, and hoping that you can fix the problem before anyone notices? Do you govern your behavior based on what other people think? Do you often dismiss compliments offhandedly?

If the situations above describe you, it shows that you are lacking in self-confidence! Do not allow negative feedback or situations to undermine their confidence! Self-confidence begins with knowing yourself. From facing fears to practicing acceptance and self-compassion.

## *Why Self-Confidence Is More Important Than You Think*

If you observe closely, you will see that confident people seem to possess a 'special quality'. They invite trust and inspire confidence in others. These are attractive characteristics. They are the ones who can stay cool during high-pressure situations. They communicate with strength without any signs of nervousness. Most of all, they possess a 'make it happen' attitude that turbo-charges them to go forth and accomplish the tasks that others think are "impossible".

## *Unlock the Scientific Secrets of Becoming Self-Assured & Unafraid to Get What You Want*

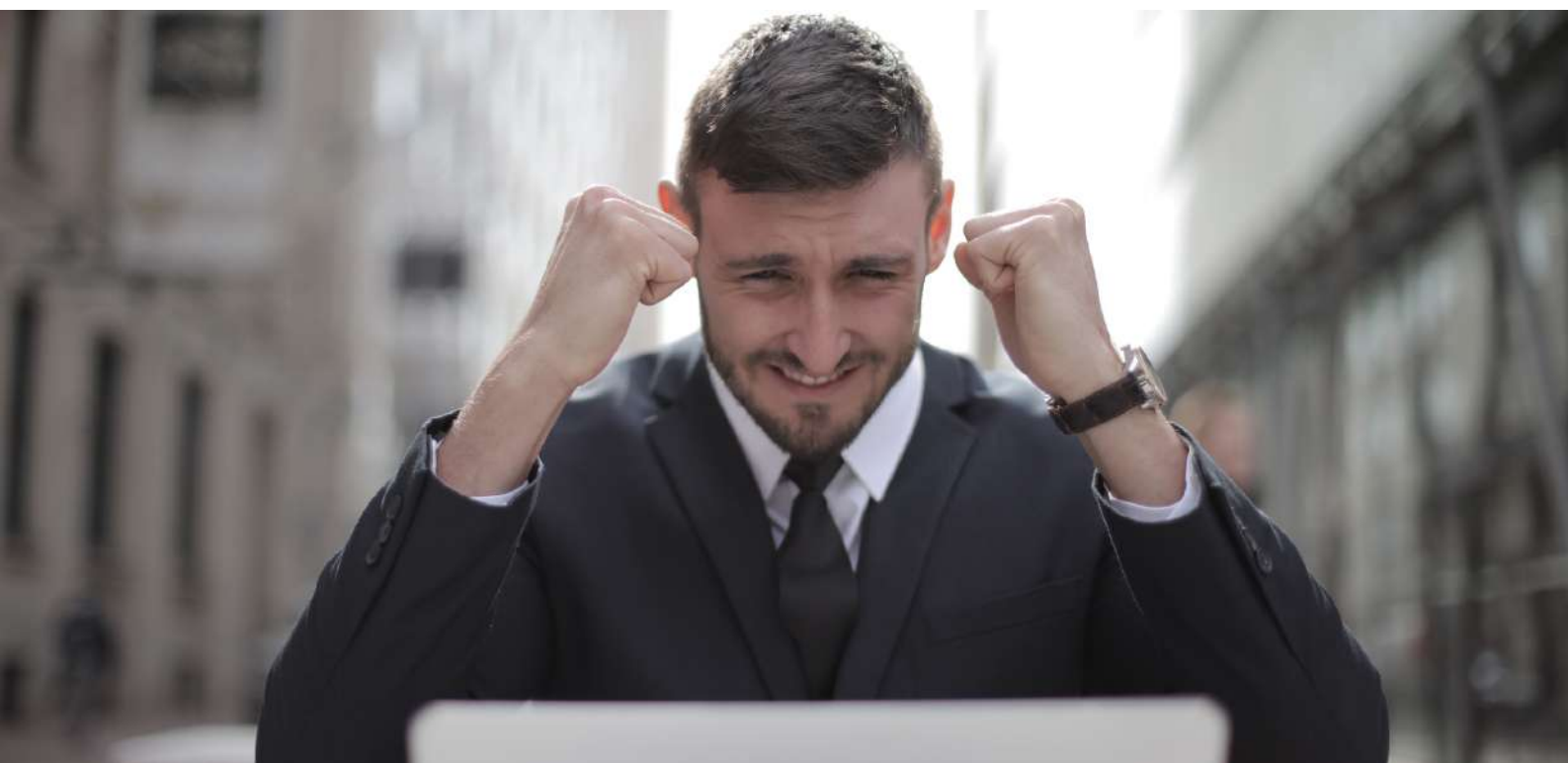
This highly popular personal effective workshop begins with setting goals and uses evidence-based strategies to foster acceptance, mindfulness, self-compassion. This course will provide you with scientific-backed strategies and 'confidence-unlocking formulas' to achieve the desired outcome you deserve at work and at home.

# Learning Outcomes

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*By the end of the workshop, you will be able to:*

- Understand the different mindsets between people who hit a wall when faced with difficulties and 'make it happen' power players who remain confident in the face of adversity
- Learn simple but effective tips to overcome self-doubt that hinders us in our pursuit of fulfillment.
- Gain techniques to confidently express opinions & needs. Learn to say 'no' without being rude or seeming disinterested.
- Apply instant tools to dissolve anxiety and doubts in personal and work-related areas to go forth and get what you want
- Eliminate shyness and nervousness when communicating with others and be able to carry out confident dialogues with anyone (be it socially or professionally)
- Discover the specific strategies to maintain a high level of confidence during nerve-wrecking situations (such as — giving a presentation / going up to speak to a stranger / being asked a question you do not know the answer to)



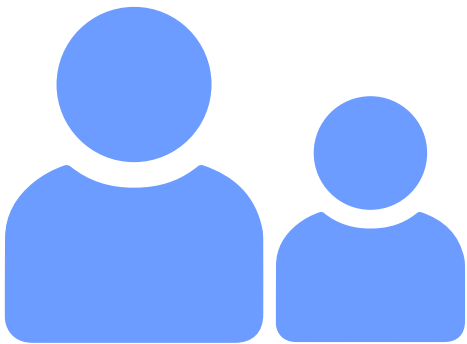
# Course Outline

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- Instantly applicable strategies to shatter mental blocks and become a full-fledged confident person in your daily and professional life
- Techniques (both modern day techniques and ancient principles practiced by history's greatest characters) to gain confidence, smash through struggles and conquer adversity
- Individual strategies for maintaining confidence during the most fear-inducing situations (such as — giving a presentation / going up to speak to a stranger / being asked a question you do not know the answer to)
- The biggest reason why most people develop self-doubts when going after what they want – causing them to give up (and what to do to conquer these self-doubts)
- Power communication secrets to talk to anyone without feeling nervous (even if the other person seems intimidating)
- Why trying to recite to yourself “I’m calm, I’m calm” during nervous situations can actually make things worse (and what to do instead to turn nervousness into confidence)
- Best-kept secrets to “boost your mood” into accomplishing what you set out to get and achieve overall greatness in the most important areas of your life
- Real-life examples of leaders and power players who maintained 100% confidence even during highly ‘impossible’ situations

# Who Should Attend?

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- Professionals, senior officer, managers who wants to possess the power to confidently deal with different types of challenging work situations and succeed in accomplishing one's professional goals at the workplace.
- Experienced Professionals, trainers, coaches, educators with who are interested in enhancing their personal effectiveness skills.

# Course Details

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1 Day  
9.00am - 5.00pm (Classroom)  
9.30am - 4.30pm (Virtual)



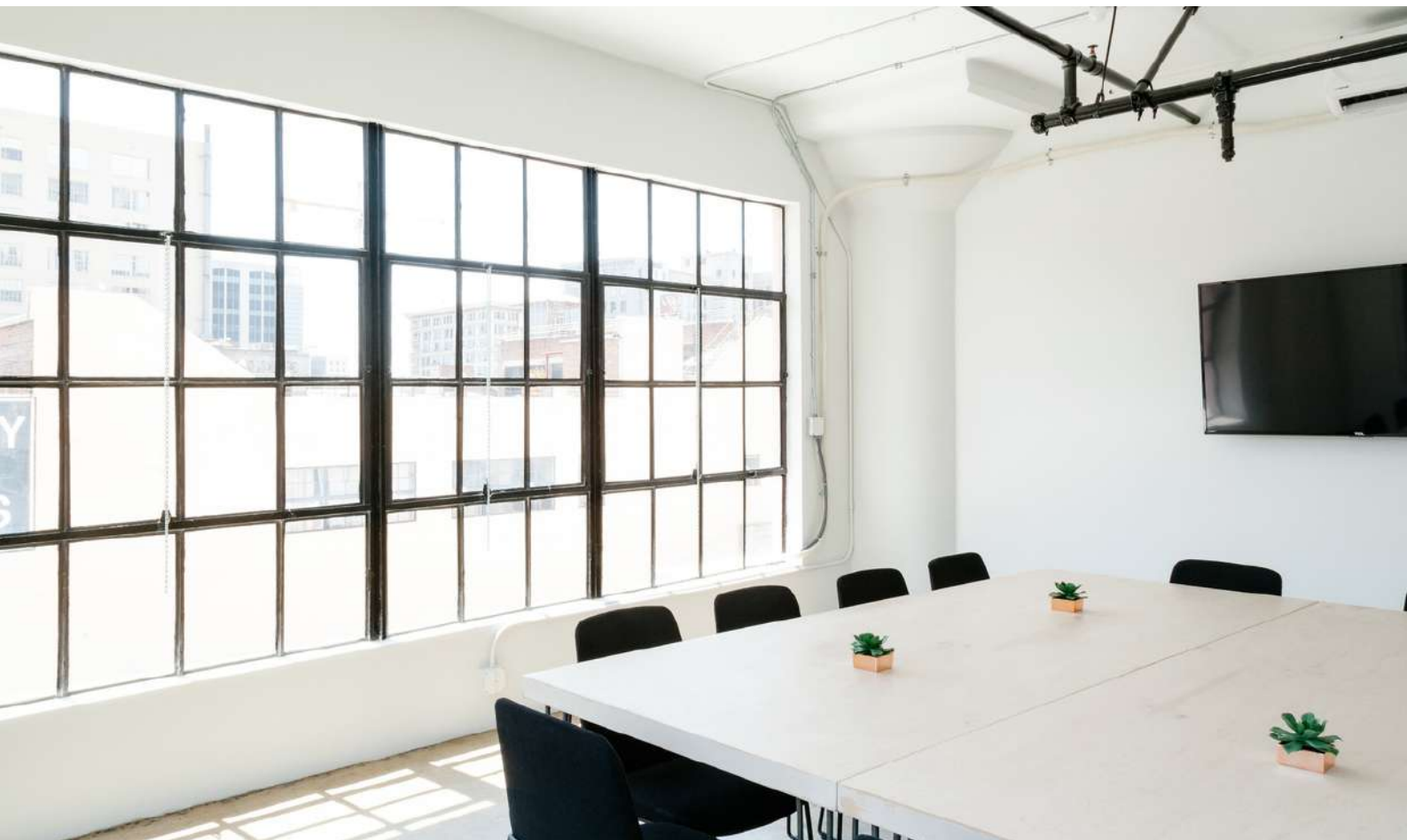
**Classroom Learning** at  
Holiday Inn Orchard City  
Centre / **Virtual Learning**  
via Zoom



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**\$635** Before GST





# Trainer's Profile

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## Master Trainer: Mr Tylus Lim

Tylus has advised and helped sharpened the marketing and sales campaigns/materials for companies spanning over 30 different industries. He has guided companies' sales teams, SMEs and major corporations in uncovering hidden opportunities and breakthrough ideas, that result in significant increase of their bottom line, business revenues and profitability.

An obsessed marketing enthusiast, Tylus spent over 15 years learning, real-life testing and applying just about every marketing method and idea known to man. These vast experiences had in turn helped to uncover what truly and repeatedly works in sales & marketing.

Tylus is also an entrepreneur and founder of various businesses. He oversees the people and management of his businesses by actively applying productivity and work-optimizing strategies to generate growth and profitability. From that experience, as well as joint-venturing/connecting with a diverse variety of people from different industries, he has identified patterns that can limit or plateau professional and personal growth, as well as patterns that can substantially maximize one's potential to bring in optimal personal success as well as professional success in one's career.

Tylus incorporates these success concepts and real-life examples into his trainings. Many clients who attended the training have acknowledge that they are glad to be the ones learning the strategies, and hope their competition never will.

In the writing aspect, Tylus's written materials include proposals (that brought in closed deals), over 450 newsletters and salesletters, books for 2 different industries and numerous successful marketing pieces. Base on this vast writing experience, he trains personal and professional clients a step by step 'recipe' to write pieces of materials that connect with and persuade the parties they wish to influence.

A partial list of Tylus's clientele include Singapore Armed Forces, People's Association, Rotaract Club of Singapore, SAFRA, Nanyang Polytechnic, Star Cruises, MCYS etc. He also conducts in-house training for corporations, hospitality and service industries, large and small organizations, associations and statutory boards.

# Testimonials

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*"What I like about Tylus' workshop is that the way he teaches is in point form, it's very systematic compared to other workshops I attended. Most other workshops give you a big picture but they don't show the step by step how it is done. And for Tylus, he gives you a step by step of how it can be done and it is very practical."*

**- Bellum Tan (CEO Richdad Asia)**

*"Well worth the time and money, can see the whole course has a lot of heart poured into it. Good value and I rarely say that."*

**- Choon Hock (Sales Consultant, Formor Asia Pacific)**

*"Tylus is an engaging trainer and the uninhibited writing at the start is really a new topic and very hands-on and engaging"*

**- Zi Jun (Assistant Manager, IMDA)**