



HOW TO 10X YOUR CONFIDENCE AT WORK

Workshop Description

Do you believe that confidence is something you either have or not? The truth is, anybody can learn to tap into their confidence when it matters. Granted, it takes practice and the right tools but then turning on the confidence faucet can become as routine as turning on the water in your kitchen sink!

It can be very challenging to be seen and heard as a female professional in a male-dominated sphere and exude an air of confidence at the same time. These days, visibility and confidence seem to be about as vital to taking your career to the next level as expertise and experience.

Takeaways

In this workshop, confidence & leadership coach Micha Goebig will bust a few misconceptions about confidence and share her **5-step framework on how to step up your confidence and authentic presence**.

This workshop is for you if...

- ... you are done with feeling not seen and heard in your professional environment;
- ... you are ready to exchange the sense of not belonging for owning your uniqueness;
- ... you want to learn to show up authentically and create safety through self-trust;
- ... you need some input and strategies to tap your full potential in your career and your life.

As a certified confidence & leadership coach, Micha Goebig helps female professionals and entrepreneurs in male-dominated spheres create the confidence and visibility to take their career to the next level (and beyond!). The founder & CEO of Go Big Coaching & Communications, Micha has also been running a boutique agency that specializes in corporate communications for the German luxury car industry for 20 years. She holds a master's degree from the University of Munich, taught at several colleges in the USA and Germany, has published two novels (one with RandomHouse) and multiple stories and essays, and trained with one of Germany's leading executive coaches as well as Rich Litvin and others in the USA.

For more information, please see www.michagoebig.com.



DON'T BE YOUR WORST CRITIC!

LEARN HOW TO TAME
NEGATIVE SELF-TALK

MICHA GOEBIG.
GO BIG COACHING.

Workshop Description

Does your Inner Critic tell you that you don't have it in you to succeed? That you are simply not a leader? That you are too young to have a say or too old to make change happen? Being self-critical can push us to strive and excel, but the mean inner voice is not a sustainable motivator: As it shames and judges us, requesting perfection at all times, it keeps us from growing and developing.

But there's good news: With the right tools and strategies, it is possible to turn the Inner Critic from a major drag into an effective support voice or even an ally.

Takeaways

This workshop will show you

- ... what the critical voice in your head is all about
- ... how to separate yourself from your Inner Critic
- ... and which steps to take to change its messages.

You will leave the workshop with an actionable list of suggestions and tools that will help you work on positive changes and further strengthen your confidence and courage.

This workshop is for everybody who ...

- ... feels their Inner Critic is keeping them from being at ease and reaching their full potential
- ... wants to take their professional and/or personal development to the next level
- ... is fed up with constantly second-guessing their motivations, decisions, and performance.

Micha Goebig is a life & leadership coach, speaker, and published author. Having run her own businesses for the past 20 years, she launched Go Big Coaching to help people become the CEO of their own lives. She guides her clients through the process of unlearning what holds them back so that they can rewrite the rules and change the world, one company, one community, one boardroom at a time. Originally from Germany, Micha received her master's degree from the University of Munich and trained as a coach with one of Germany's leading executive coaches, Monika Scheddin, Rich Litvin (Los Angeles) and others. She is currently based in Seattle, WA.

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YOU ARE ENOUGH. OVERCOMING IMPOSTOR SYNDROME

MICHA GOEBIG.
GO BIG COACHING.



Description

Have you ever felt like you're only winging it and that it is only a matter of time until people find out that you are not as competent as they may think? Are you sometimes convinced that your successes are just down to blind luck or being in the right place at the right time? If so, you may be struggling with impostor syndrome. Many of us do, also—and especially—people who are hard-working, well educated, and successful.

The good news is that, with some guidance and practice, we can change our thoughts and learn to take a more realistic—and more positive—view on our lives, careers, and accomplishments.

Takeaways

In this talk, I will share what the impostor syndrome says about you (and what it doesn't), the different ways in which it manifests in people's lives, and what we can do to overcome it. You will leave with an actionable list of strategies and tools that can help you make positive changes and strengthen your confidence and courage.

This talk is for everybody who ...

... is ready to take an important step toward overcoming self-doubt, negative self-talk, or a feeling of inadequacy.

... wants to feel more comfortable in their professional environment and their role.

... feels they need some positive motivation to seek out and explore new opportunities.

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DONE IS BETTER THAN PERFECT.

LEAVING PERFECTIONISM BEHIND & FOCUSING ON EXCELLENCE.

MICHA GOEBIG.
GO BIG COACHING.

Workshop Description

Do you tend to get stuck in “just one more” revision loop instead of presenting your work already? Do you know when it’s time to send out that application or upload that profile? Are you sometimes so worried that you may not take the right step that you don’t move at all?

It’s easy to get carried away and strive for 100 percent—or more if only we could!—at all times, going on and on and never finishing. But perfectionism is not a healthy mindset and habit: it’s chasing an illusion of “perfect” when in reality all we try to do is make sure that who we are and what we do is “good enough”.

Takeaways

In this workshop, we will talk about what perfectionism is as opposed to diligence and ambition, the different ways in which it present an obstacle in people’s lives, and how we can leave it behind to focus on excellence instead. You will leave with an actionable list of strategies and tools that can help you make positive changes and strengthen confidence in yourself and your work.

This workshop is for everybody who ...

- ... is ready to stop wasting time and energy and second-guessing themselves.
- ... wants to feel more comfortable in their professional environment and their role.
- ... needs some input und strategies to explore new opportunities and get stuff done.

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PERMISSION TO SUCCEED.

WHY WE SELF-SABOTAGE
AND HOW WE CAN STOP.

MICHA GOEBIG.
GO BIG COACHING.

Workshop Description

Do you feel that sometimes you are your own worst enemy? Is there a goal you have had for a long time but you just don't make it? Do you catch yourself binge-watching Netflix when you are almost done with an important project, overspending when are really close to reaching your savings goal, or quitting exercise when your weight goal is just a few pounds away?

The reasons why we self-sabotage are complex. Most of them are rooted in fear of failure—but sometimes we are also afraid to succeed. Getting to the bottom of these reasons is key to changing our self-sabotaging behavior.

Takeaways

In this workshop, we will talk about why we self-sabotage, the different ways in which self-sabotage manifests in people's lives, and how we can leave it behind. You will leave with an actionable list of strategies and tools that can help you make positive changes and strengthen confidence in yourself and your work.

This workshop is for everybody who ...

- ... is ready to bring awareness to the issue of self-sabotage and the underlying reasons.
- ... wants to take control of negative thoughts and habits and initiate a positive change.
- ... needs some input and strategies to get stuff done and let themselves rise to their potential.

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HOW TO SET BOUNDARIES AND UNLEARN PEOPLE-PLEASING

MICHA GOEBIG.
GO BIG COACHING.

Workshop Description

Do you catch yourself saying yes when you'd much rather say no – but somehow you just can't? Maybe it feels wrong to you to let people down. Maybe you are afraid of what happens if you don't comply. But then you may feel resentful and even beat yourself up for agreeing and being such a people-pleaser.

Many of us are – which is very understandable because as humans we are social creatures. We want to be liked and validated. But if that desire negatively impacts our authenticity and/or our health, it's time to say STOP.

Takeaways

In this workshop, we will talk about what turned us into people-pleasers and about how to set healthy boundaries in a way that actually benefits our relationships with others.

You will leave with an actionable list of strategies and tools that can help you make positive changes and allow you to take charge of your life, one boundary at a time.

This workshop is for everybody who ...

- ... needs some encouragement to say no when it's appropriate, without giving in to fear.
- ... is ready to respect their own boundaries as much as those of people around them.
- ... wants to stop people-pleasing and enter into a fair and equitable exchange with others.

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THE SECRET TO MAKING BETTER DECISIONS

CURB SELF-DOUBT & DECISION FATIGUE

MICHA GOEBIG.
GO BIG COACHING.

Workshop Description

Do you procrastinate on decision-making because you are too afraid to take the wrong step? Do you catch yourself second-guessing decisions you have made and even doing the opposite instead?

Decisions are how we take charge of our lives. So we tend to give many of them such great importance that we feel overwhelmed and paralyzed by the idea of getting things wrong – when in reality, the worst place to get stuck in is the Land of Maybe and Indecision.

Takeaways

In this workshop, we will talk about the self-doubt and fear of failure that tries to keep us from making decisions and how decision fatigue can lead to sub-par decisions. We will explore how to set the stage for smooth decision-making going forward.

You will leave with an actionable list of strategies and tools to help you forge ahead despite the fear and allow you to take charge of your life, one decision at a time.

This workshop is for everybody who ...

- ... wants to gain confidence in their own decision-making abilities.
- ... needs some input and strategies to help them overcome their fear of failure.
- ... is ready to put actionable tools to work and develop a growth mindset.

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UNLEARN & REFRAME LIMITING BELIEFS

MICHA GOEBIG.
GO BIG COACHING.



Workshop Description

“I am just not good with money.”

“I’m not the type of person to make big changes in life.”

“I am a generalist, and those are just not as appreciated in business as specialists are.”

“I know I shouldn’t ... but that’s just who I am!”

If you catch yourself saying phrases like this, chances are you are repeating a limiting belief you learned early on in your life and have held ever since.

Takeaways

In this workshop, we will talk about what limiting beliefs are, where they come from, and – most importantly – how to unlearn and reframe them. You will leave with an actionable list of strategies and tools that can help you make positive changes and dismantle your negative self-talk.

This workshop is for everybody who ...

- ... is ready to start the deep dive into old limiting beliefs and the underlying reasons.
- ... wants to take control of negative thoughts and habits and initiate a positive change.
- ... needs some input and strategies to let themselves rise to their true potential.

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