



CONFIDENCE & FINANCIAL INDEPENDENCE CREATOR ACADEMY



MC

As presented by
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WHO WE ARE

Agata Galuszka MBA made her mark becoming a Director of HR and People Development by the age of 32 and leading teams in UK corporations with 15,000 employees. Taking women empowerment to the next level, she knew she wanted to dedicate her time to help women develop their skills and show them how to progress personally, professionally, and financially. To teach them the tools and techniques they would require to progress in the workplace and take the leadership roles they worked hard for. Agata built her business in just 4 years and is managing her own team of 13 people.

Employee turnover can have a negative impact on an organisations performance. By investing in your staff, through a specific learning and development program will greatly improve this situation. Recruitment costs will be dramatically reduced as attrition rates lower. Creating a learning/training pathway for your staff will result in positive outcomes in your annual performance reviews.

Agata uses the same concept and techniques that work for corporate companies, for her work with individual women. Using the same approach, to work on their lives personally, professionally and financially.

Agata works with 1:1 clients and groups as well as delivering training programs to many corporations, similar to the ones she was working for, for over 10 years. The overall objective for Agata and her team is to ensure women are progressing personally, professionally and financially whatever it means for every single one of them.



WHO WE ARE

Agata Galuszka is an entrepreneur, speaker, life coach, business mentor and strategist and the Founder of the online program, the Confidence & Financial Independence Creator Academy, an online school for women. She's determined to prove that women can have anything they want and create the lives personally and professionally or businesses they love.

Agata uses her signature framework of life coaching before business mentoring, to help her clients develop the confidence and prepare their financial plan to take action and go from unsure to unstoppable.

Agata sees coaching and mentoring as a true necessity rather than a privilege only a few can afford and she is on a mission to make it accessible and affordable to women all around the globe.

According to Agata, motivation isn't the problem that most women are facing. With billions being spent every year in the self-help industry, there seems to be no shortage of it. The confusion lies in what we need to do to facilitate real change in our personal and professional lives; change that goes beyond virtual pep-talks and feel-good inspirational quotes.

"Change requires action. Creating a life you love means upgrading your beliefs, having clarity around what you want and having the confidence to go after it is non-negotiable. The problem is most of us have no idea what actions will produce those results.

The Academy provides you with a strategic plan to reach your goals as well as the support and accountability to keep your eye on the prize when you face challenges along the way (because you will face challenges along the way)"

says Agata.



COURSE DETAILS

There are three segments to our courses covering

- Ultimate Confidence Life Coaching
- Women Empowerment Business School
- Leadership and Management Program

A sneak peak into the Academy



This training is for you if...
You're ready
to discover what you're meant to do so you can live your life with a sense of purpose and passion.



03
Today
Crack
Confid



ULTIMATE CONFIDENCE LIFE COACHING

MODULES

Module 1: Claim Who You Are

- How confidence affects your ability to take action
- The “perfect” woman
- Cracking the confidence code

Module 2: Creating Real, Lasting Happiness

- How confidence and happiness are connected
- Habits that sabotage your happiness
- Self-Acceptance

Module 3: The Beliefs That Are Holding You Back

- Overall belief system and how it affects your day to day life
- Breaking through your limiting beliefs

Module 4: Becoming Unstoppable

- Being your own BFF
- Action steps to create the life you want

Module 5: Honesty and Resilience

- Being honest with yourself
- How approval seeking is holding you back
- Becoming less reactive and more resilient

Module 6: Making Conscious Choices

- Making conscious and deliberate choices in your life
- Your beliefs are your operating system
- The 6-step process for changing a belief



Choice

Choice

ULTIMATE CONFIDENCE LIFE COACHING

MODULES

Module 7: Your Big Audacious Goal & Daily Success Habits

- Helping you to identify your big audacious goal
- Crisis management tools
- The 5-step process to look within & bring out your best

Module 8: SMART Goals Vs. SMART 2.0 Goals

- Breaking down prior accomplishments
- S.M.A.R.T approach to goal setting

Module 9: Obstacles and Troubleshooting

- Learned helplessness
- The four stages of competence

Module 10: Projecting Confidence Through Your Signature Style

- Develop your style, 6 steps to dress with confidence
- Anchoring confidence through vocal tonality



WOMEN EMPOWERMENT BUSINESS SCHOOL

MODULES

Module 1: Communication and Negotiation

To communicate authentically and effectively. Negotiations require specific knowledge on the subject. Here we teach the techniques necessary to participate successfully in negotiations during meetings and conferences, but also life. We believe this skill is crucial for any successful communications; personally, and professionally.

- Negotiation strategies
- Five key points of every negotiation
- How to deal with difficult conversations, challenging people, and tension
- Negotiation concepts: Harvard Concept, Non-directive concept, the win-win concept
- How to ensure results

Module 2: Public Speaking

Public speaking is crucial to master communication and negotiations in personal relationships, social interactions, work/business situations.

- You as a speaker, Your message, the channel, the listener, the feedback, the interference, and the situation.
- 9 scientifically proven characteristics of effective public speakers
- How to deal with fear – this links to the module in the 1st segment of our Academy

Module 3: 11 Steps to a Perfectly Written Business Plan

- We will cover all 11 points and learn how to use business planning professionally and personally

Module 4: Cash Management

- Five keys to cash management and the importance of it professionally but also personally and how our daily habits at home set us for either failure or success at work/business



WOMEN EMPOWERMENT BUSINESS SCHOOL

MODULES

Module 5: How to Create Facebook Ads & a Sales Funnel for Your Business

- Facebook Ads strategies
- Sales funnels
- Email marketing

Module 6: Social Media Marketing

- Instagram
- Facebook
- LinkedIn

Module 7: Webinars and How to Sell With Confidence

- How presenting at webinars links with communication, negotiation and public speaking
- Best platform
- Engagements
- Presentation slides
- Supporting materials and pre & post email techniques

Module 8: The 6-Figure Sales Page and Writing Copy That Sells

- Content writing
- Sales page design
- Email design and techniques

Module 9: Write Your Perfect CV & Nail the Interview (mini-course)

- How to ensure you will be shortlisted, writing techniques and templates
- How to prepare for an interview



WOMEN EMPOWERMENT BUSINESS SCHOOL

MODULES

Module 10: HR Guidance for Women

- What all women need to know about HR contracts and policies, how this helps to ensure full control over your rights and how to prepare for successful promotions and difficult conversations

Module 11: Work-life Balance

- Work-Life Balance is: Meaningful daily Achievement and Enjoyment in each of my four life quadrants: Work, Family, Friends and Self.



LEADERSHIP & MANAGEMENT PROGRAM

MODULES

Module 1: Managing People - Setting Others for Success

- Organisational behaviours, culture and power
- Management theories: scientific management, bureaucracy and human relationships
- How to lead as a woman of tomorrow
- Gender and identity
- Motivation
- Managing learning and progression

Module 2: Listening As a Number 1 Skill in Leadership

- Techniques for not only listening, but more importantly, hearing

Module 3: Sales Management

- Sales techniques and confidence
- How to sell like a pro and how this skill translates into your personal life
- Best sales techniques are from an entrepreneur mindset
- Automation and research

Module 4: Lead, Motivate and Inspire

- Leadership and management skills
- Modern leadership styles
- Lead your team to high performing results
- Lead, engage, motivate and inspire
- Differences between motivation and manipulation
- Targets and Goals

Module 5: Time Management and Administrative Skills

- 90-minute slots
- Blocking out time
- Creating effective 'do' lists



LEADERSHIP & MANAGEMENT PROGRAM

MODULES

Module 6: Business Etiquette

- 10 points in etiquette manners

Module 7: Change Management – Change Matters

- Identifying and learning how to deal with the key stages (endings, transitions and new beginnings through clarity, empathy, motivation, capability and knowledge) by being prepared and empowered to help you deal with inevitable situations at work

Module 8: Creative Problem Solving and Decision Making

- Learning the essential tools and techniques enabling confidence to speak up in decision making meetings and be part of the problem solving solutions team.



RECOMMENDED READING

Links to recommended reading titles

[The Untethered Soul: Michael A. Singer](#)

[Buyology: Martin Lindstrom](#)

[The Leaders Guide to Mindfulness: Audrey Tang](#)

[Your Body's Many Cries for Water: F. Batmanghelidj, MD](#)

[The Brains Way of Healing: Norman Doidge](#)

[The Road Less Travelled: M. Scott Peck, MD](#)

[Life Lessons from the Monk who sold a Ferrari: Robin Sharma](#)

[Manuscript Found in Accra: Paulo Coelho](#)

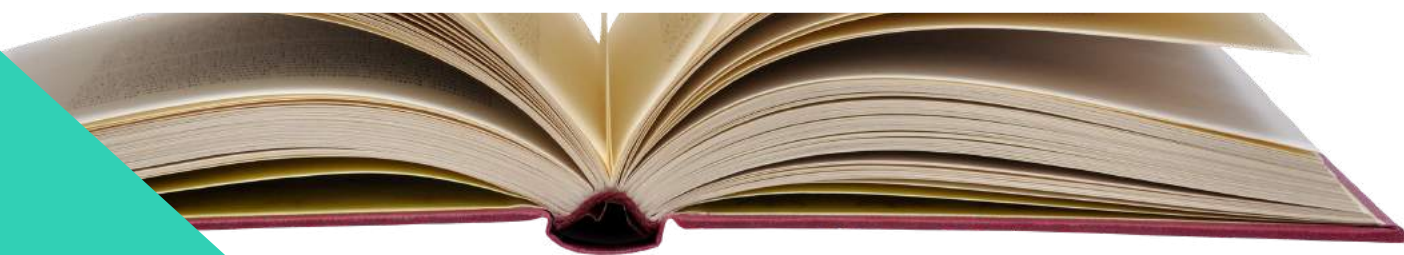
[The Five Secrets You Must Discover Before You Die: John Izzo Ph.D](#)

[The Power of Now: Eckhart Tolle](#)

[Conversations With God: Neale Donald Walsch](#)

[The Choice: Edith Eger](#)

[The 15 Invaluable Laws of Growth: John C Maxwell](#)



RECOMMENDED TED TALKS

Links to TED talks

[Celeste Headlee : 10 Ways To Have a Better Conversation](#)

[Simon Sinek: How Great Leaders Inspire Action](#)

[Nigel Marsh: How To Make Work-life Balance Work](#)

[Sheryl Sandberg: Why We Have Too Few Women Leaders](#)

[Lisa Nichols: Barely Recognizable](#)

[Robin Hauzer: The Likability for Women Leaders](#)



You don't inspire by showing how amazing you are, you inspire and lead by showing how amazing they are.

