

TRAINING PROGRAMS

# MIC PRESENTS

CONFIDENCE & CHARISMA

CONNECT

PRESENTING SKILLS

COMMUNICATE

STAGE PRESENCE

IMPACT

KEYNOTE MASTERCLASS

MARK  
CARTER



BEZA  
MICKAN-WHITE

LIMITED SPOTS AVAILABLE

BOOK: [INFO@MCPRESENTS.COM.AU](mailto:INFO@MCPRESENTS.COM.AU)

# CONFIDENCE

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## DAY1

### IGNITE YOUR CONFIDENCE: SELF CONFIDENCE, SELF-EFFICACY, SELF ESTEEM & INNER CALM

- TOOLS TO HARNESS SELF CONFIDENCE
- ESSENTIAL ELEMENTS TO ELEVATE SELF EFFICACY
- 2 PRINCIPLES TO UNLOCK HEALTHIER SELF ESTEEM
- 5 FUNDAMENTALS FOR INNER MIND FREEDOM
- IDENTIFYING YOUR 'TONICS' & 'TOXINS'
- HOW TO OVERCOME 'CHALLENGE' AND FIND YOUR 'FLOW'
- 'BREAKING SAD': AN OVERVIEW FOR REALISTICALLY  
INCREASING YOUR OUTLOOK & OPTIMISM
- HOW MUCH ARE YOU WORTH? (SCIENCE & SELF  
REALISATION OF YOUR TRUE POTENTIAL & WORTH)

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# CONFIDENCE

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## DAY 2

### IGNITE YOUR CHARISMA: ELEVATING PRESENCE & ADDING TANGIBILITY TO X FACTORS

- SCIENCE OF CHARISMA PART 1
- SCIENCE OF CHARISMA PART 2
- SCIENCE OF CHARISMA PART 3
- HOW TO UNLOCK YOUR CREATIVITY
- THE SYMBIOTIC NATURE OF CHARACTER AND CHARISMA
- FIVE SCIENCE BACKED METHODS TO IMPROVE YOUR X-FACTOR

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