











## Ambassador PROGRAM

**Ambassador Exchange** 

June 2025













### Welcome



**Lauren Peck**Director, Stakeholder Engagement, HBA













# Ambassador Exchange Agenda

- Welcome
- Mini-Impact Workshop
  - **Topic:** The Neuroscience of Confidence Rewiring Your Brain for Self-Assurance and Success
  - **Speaker:** Maureen Chiana, The Mindsight Academy
- Connection Session
- Insights and Highlights

Did you know...
Impact Workshops are available for your cohort? Scan for more info.















### Mini-Impact Workshop

The Neuroscience of Confidence:

Rewiring Your Brain for Self-Assurance and Success



Maureen Chiana
Master Neuroplastician
CEO, The Mindsight Academy





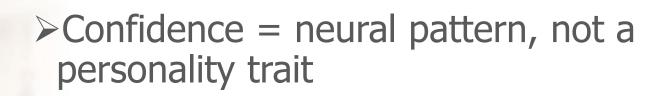
#### The Mindsight Academy



# Confidence is not about how others see you

It's how your brain trains you to see yourself.

## Confidence Is Not Inherited — It's Wired



➤ Your brain builds what you repeat

Confidence can be trained through neuroplasticity





## The Brain's Role in Confidence



### **Identity and the Confidence Loop**

- ➤ Identity → Belief → Action → Reinforcement → Identity
- > When identity is strong, confidence becomes consistent
- > When identity is external or uncertain, the brain hesitates





## Rewiring Confidence with Emotional Intelligence

- > Identify limiting beliefs
- > Reframe with logic and truth
- > Rehearse confidence through visualization and self-talk
- ➤ EQ enhances confidence: awareness, regulation, motivation, and assertiveness



**Daily Confidence Practices** 

Visual rehearsal: mentally practise success

> Reframe language: from "I hope I can" to "I'm capable of"

Confidence Journal: wins and mindset shifts

> Use physical cues to anchor confidence before high-stakes moments





#### **Thank You!**

Let's Rewire Your Brain

Online Academy: The Mindsight Academy www.themindsightacademy.com

**Online Shop:** Mindsight Store www.mindsightstore.com

**Podcast:** Lead To Excel Podcast https://www.leadtoexcelpodcast.com

LinkedIn/YouTube - @maureenchiana

Email: maureen@themindsightacademy.com









### **Connection Session Guide**

#### Over the next 30 minutes:

- 1. Quick introductions (name, location, title/company, fun fact)
- 2. Dive deeper into today's topic
- 3. Connect before you go!

#### **TODAY'S DISCUSSION**

- 1. What belief about yourself needs rewiring?
  - 2. How do you usually respond to self-doubt—and how could you respond differently?
- 3. What's one habit you'll start this week to build confidence?

#HBAimpact











## We are currently in our Connection Session breakouts...

You will be moved into a room momentarily.

#HBAimpact















### **Highlights and Insights**

What are you taking away from today?





#### Thank you to today's speaker: Maureen Chiana, The Mindsight Academy

#### **Explore HBA Impact Workshops (and coaching!)**

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We value your feedback! Tell us how we did on today's session.

#### **Stay Connected!**

Don't miss our monthly Ambassador Digest, delivered to your inbox the first Friday of each month!



