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# HBA Ambassador PROGRAM

## Ambassador Exchange

June 2025

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# Welcome



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

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# 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

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# Mini-Impact Workshop

## The Neuroscience of Confidence:

Rewiring Your Brain for Self-Assurance and Success



**Maureen Chiana**  
Master Neuroplastician  
CEO, The Mindsight Academy

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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



- Confidence = neural pattern, not a personality trait
- 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](http://www.themindsightacademy.com)

**Online Shop:** Mindsight Store  
[www.mindsightstore.com](http://www.mindsightstore.com)

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

**LinkedIn/YouTube** - @maureenchiana

**Email:** [maureen@themindsightacademy.com](mailto:maureen@themindsightacademy.com)





# Connection Sessions



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# 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?

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

You will be moved into a room momentarily.

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# Highlights and Insights

*What are you taking away from today?*

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

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