

Develop Unshakeable Self-Confidence Under Any Situation

Overcome self-criticism
and boost fearless self-esteem Masterclass

y² education

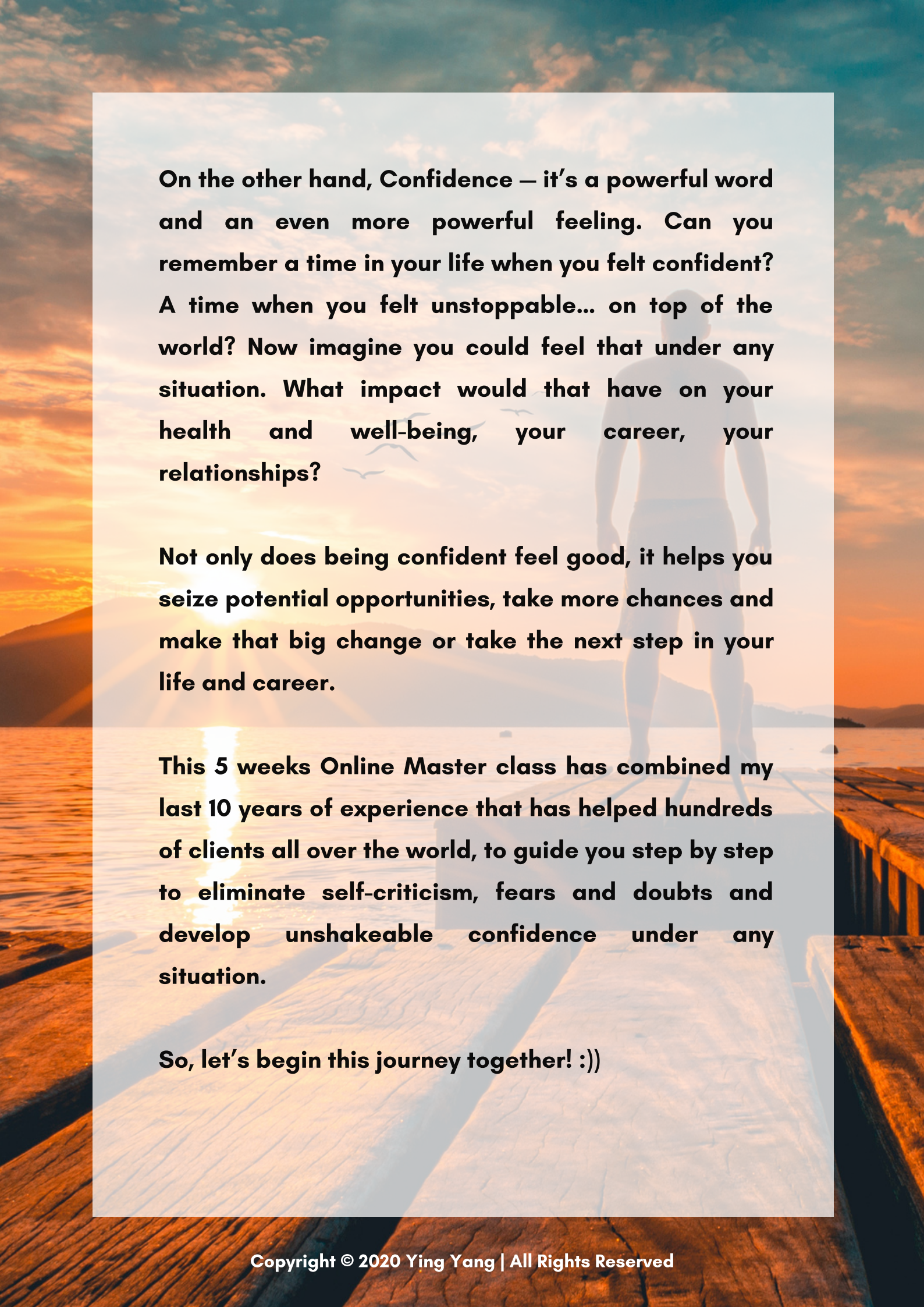
Introduction

Lack of confidence can stem from many places.

Perhaps, growing up, your parents told you that a certain career was outside your reach and you could 'never do that'. Or maybe you have a belief system that says 'I could never start my own business, I'm not entrepreneurial'.

Perhaps you had a bad experience which opened the door for self-doubt to creep in. Or maybe your inner self-critic is telling you that 'you can't' or 'you're not good enough'. Maybe (ok, likely) you're comparing yourself to someone else - a friend, colleague or spouse.

Or perhaps you feel there is something missing in your life - a relationship, the dream job, kids, a degree or title. In my work with thousands of clients, it seems most (if not all) of us struggle with confidence in some area, or at some point in our lives. Whether that is confidence in our appearance, abilities, relationships, careers, decision making, or social situations.



On the other hand, Confidence – it's a powerful word and an even more powerful feeling. Can you remember a time in your life when you felt confident? A time when you felt unstoppable... on top of the world? Now imagine you could feel that under any situation. What impact would that have on your health and well-being, your career, your relationships?

Not only does being confident feel good, it helps you seize potential opportunities, take more chances and make that big change or take the next step in your life and career.

This 5 weeks Online Master class has combined my last 10 years of experience that has helped hundreds of clients all over the world, to guide you step by step to eliminate self-criticism, fears and doubts and develop unshakeable confidence under any situation.

So, let's begin this journey together! :))

1. What are your intentions/top three reasons to gain from this program?



2. There are 12 reasons/ benefits that you can potentially gain from learning this program

- **Let go the limitation you imposed on yourself and be creative.**
- **Gain more of life's direction and tap into your inner power.**
- **Assist you to tap into your inner magnificence and unlock your potential energy.**
- **Gain clarity and truly focus on your own purpose and growth journey.**
- **Find your personal path to a fulfilling life and sense of purpose in life.**
- **Have a strong sense of identity, fulfil your dream.**
- **Experience life on a higher level with excitement.**
- **Let go of the limitation you imposed on yourself and others!**
- **Gain more insight with your own thoughts and behaviour and gain certainty.**
- **Assist you to clarify the doubts from childhood and previous significant events.**
- **Align your emotions and thoughts with your desired outcome in life.**
- **Reconnect with your higher self/authentic-self**

Meeting Ying Yang



Ying is an energetic and intuitive Healer, a human behavior expert and the Founder of Y Square Education. She has dedicated more than a decade researching and practicing as a human behavior expert and peak performance consultant.

Ying is also a leading expert in clinical psychology, emotional intelligence and organizational behavior, communication skills and leadership development. She has more than 15,000 hours of work experience with individuals, professionals and organizations;

She assists and guides them to have higher levels of achievement in their personal and professional life by using science combined with Eastern wisdom and philosophy with Western psychology.

Having researched and studied in various fields including modern Western psychology and philosophy, and Eastern wisdom and teaching, Ying has acquired extensive experience, which gives her a unique approach to delivering services of the highest standard.

Ying has expanded her mission both nationally and internationally by providing online programs, consulting services, workshops and seminars to individuals and groups.

Ying's mission in life is to empower individuals or groups to discover their real potential and purpose and live life with clarity, certainty and confidence. Her vision is to see the world where everyone can achieve complete alignment with their thoughts, desires and actions.

4. Program Curriculum



Module One:

Overcome Your Worst Inner Critic And Own Your Truth

Be comfortable with your own skin and express authenticity

- 1.1 Understand your fear cycle and how to break the fear patterns
- 1.2 Dissolve inner critic and inner-judgement.
- 1.3 Overcome the fear of shame and guilt.
- 1.4 Overcome the fear of sharing your voice/message.
- 1.5 Overcome the fear of rejection



Module Two:

Leverage Your Strength To Fuel Your Confidence

Be comfortable with your own skin and express authenticity

- 2.1 Fuel Your Confidence and leverage your strengths.
- 2.2 Clarity to see Your Magic Formula.
- 2.3 Find your sounding board
- 2.4 Owning Your True Value and increase your self-worth
- 2.5 Craft your Masterpiece



Module Three:

Project Self-Confidence With Your Physiology

Powerful body language shifting to instantly
boost self-confidence

- 3.1** Five physical appearances that are the golden key to your life success.
- 3.2** Five physical appearances that are the golden key to your life success.
- 3.3** Upper body language to boost your confidence
- 3.4** Lower body language to boost your confidence
- 3.5** Avoid Confidence killer



Module Four:

Overcome Glossophobia And Speak And Influence With Confidence

Completely get over the fear of public speaking

- 4.1** Glossophobia
- 4.2** Fear of making mistakes during my speech
- 4.3** Fear of being laughed at during my speech
- 4.4** Fear of being judged during my speech
- 4.5** Fear of forgetting my lines
- 4.6** Your audience also experiences fear
- 4.7** I love your method
- 4.8** Focus on giving
- 4.9** The difference between confidence vs arrogance



Module Five:

Influencing And Making Impact With Confidence

How to master your public influence skills with confidence

- 5.1** Proper Planning Prevents Poor Performance
- 5.2** Making connection with the audience
- 5.3** Ten things to transform your speech right before you speak
- 5.4** Ten biggest confidence killers to avoid during your speech

5. Structure your learning pace to gain maximum benefits

The most effective way to learn and master these Masterclass is learning each module on a weekly basis.

You can certainly go through the entire program quickly in under an hour, however, the whole point is NOT about knowing the content, it is about experiencing the whole journey and training your mind to expand your consciousness.

Step 1:

Enroll in this Program online and log in

Step 2:

Take about 60 minutes to 90 minutes to go through the entire program with general idea of the program

Step 3:

Schedule and Invest 30 minutes to 60 minutes per day for the next 5 weeks to experience the journey.

Step 4:

Document all the differences that you have noticed since you started this program.

6. Is this course right for me?

- **Remain confident and calm under any situation.**
- **Calm your monkey mind and awaken your inner genius.**
- **Feel trapped in your own emotions and unhealthy patterns.**
- **Regain your self-worth and self esteem.**
- **Gain inner peace and clarity and tap into your inner power.**
- **Assist you to tap into your inner magnificence and unlock your potential energy.**
- **Gain deep understanding of your own weakness and leverage your strength.**
- **Gain clarity and truly focus on your own purpose and growth journey.**
- **Struggle to be confident in your own skin.**
- **Struggle to express yourself in front of a group of people.**
- **Feel emotionally trapped and frustrated with current life and look for deeper meaning in life.**
- **Be Curious and want to invest in self-discovery and self-development journey.**

7. What our students and clients said about our Program

Frequently Asked Questions



How long do I have access to this Program?

- You can access this online master class for 2 months. Afterwards, this Program content will be updated on a monthly basis with a \$11.11 subscription fee.

- You can choose to stay in the community and continually develop your learning or you can pause your subscription at any time after 2 months.





What are the options available if I want to get a refund for the course?

- This course is intellectual property which is non-refundable. Results are subjective to individual efforts and practice.



What if I have questions in regards to the program?

- There are many ways you can ask for support, you can send an email to support@ysquare.com.au with a video of yourself asking questions and your questions will be answered within 48 working hours.

- And best of all, as part of the program bonus, you will also have a 60 minute clarity session with Ying for deep healing and all your questions will be answered during the session valued at \$899.



**8. Start to document the most amazing
three differences you feel since
you have started the journey**



9. Schedule a 60 minutes private Coaching session with Ying



<https://breakthrough-session.youcanbook.me/>