

Cultivating Confidence, Purpose & Authenticity: *From the Inside Out*

Overview

This workshop or webinar, which can also be offered as a keynote, inspires attendees to cultivate confidence from the inside out. As a result, they set themselves on a path to live and lead with greater purpose and authenticity.

We have all heard the saying “confidence comes from within”. For the most part, it’s true. On the other-hand, it can feel overwhelming to build if you don’t authentically feel it. Through personal stories and over 25 years of experience developing leaders and teams in international settings, Renée has defined 5 ‘non-traditional’ pre-cursors to confidence that are cultivated from the inside out with lasting and meaningful impact.

Join Renée as she takes her audience on a journey to not simply build confidence but inspire more purposeful and authentic ways of living and leading that can be expressed in every area of life— a life uniquely expressed and chosen by them!

Takeaways & Learnings

- Explore five ‘non-traditional’ pre-cursors to confidence
 - ❖ Live Deeply
 - ❖ Value Connection
 - ❖ Welcome Growth
 - ❖ Be Intentional
 - ❖ Show Up Fully
- Learn three ways to achieve greater inner and outer alignment
 - ❖ Know who you are
 - ❖ Align what you do with who you are
 - ❖ Do the work life asks of you
- Be inspired to step into our full purpose, power, and authenticity
- Discover 10 ways to live a life of your choosing!

Renée Dineen



Founder of the Deep Tissue Living Institute, TEDx Speaker, and Co-author of The Art & Truth of Transformation for Women

Renée Dineen is a best-selling author, TEDx & motivational speaker, and founder of the Deep Tissue Living Institute, a coaching and consulting platform dedicated to doing the deepest work with those who never thought they could. Prior to launching her own practice, Renée spent 20 years in global senior leadership roles in the high tech and biotech industries, including five years working and living overseas in Switzerland.

As an international thought leader playing at the intersection of business, leadership, psychology and well-being, Renée travels around the world coaching and advising leaders and teams how to navigate risk, change and growth while fueling the soul of the organizations and cultures they shape. She has dedicated her career to exploring human nature to understand how we can all live with greater purpose, joy and grace.

Renée has presented on dozens of global stages, been the guest on numerous podcasts and has been featured in high profile media publications such as Fortune, Financial Times, Elephant Journal and Ladders Career Magazine. Most recently Renée coauthored an anthology titled 'The Art & Truth of Transformation for Women' which is an Amazon International Best Seller.

In February 2020, Renée took her own story to the TEDx stage. Her talk titled 'Authentic Inaction™: Undoing the Doing in a Do Crazy World' is an account of her own trials and tribulations as a "doing addict" and workaholic. Her talk has reached over 600K views and supports her mission to revolutionize the way we work, play & relate to one another and our purpose.

Renée holds a Masters Degree in Organizational Psychology. Her coaching approach borrows from numerous coaching accreditations, including the gold-standard International Coaching Federation accreditation.

She lives in Sacramento, California with her husband, Sean, two teenagers and their beloved dog Atlas. As a family, they are fueled by their passion for travel, which includes 50+ countries and counting. Inspired by these experiences, Renée hosts a blog that can be found at www.travelmomentswithkids.com.

To learn more about Renée and her work in the world, you can visit her at www.reneedineen.com, www.authenticinaction.com or on Instagram @reneemdineen.