



30 DAYS TO CONFIDENT

A 30 Day Confidence Challenge for Female Athletes

By Christen Shefchunas

Speaking options

SEASON PACKAGE

You and your team can work with Coach Christen throughout your entire season in person and/or over Zoom. Create your custom plan.
\$7500-\$15,000

CONFIDENCE TALK (1 hour + Q&A)

Spend an hour with Christen as she talks to your team about how to handle their fears and doubts, and how to build their confidence, trust that confidence and then use it to be successful.
In person \$3500; Zoom \$1500

CONFIDENCE TALK & TEAM BUILDING

Spend 3-4 hours with Christen as she shares her Confidence Talk + Q&A. Next, a team building where your team will learn how to come together as confident women to build a strong team dynamic, powerful leadership, consistent communication and a common passion for team success.
\$5000-\$7500

CONFIDENCE TALK & 1-on-1 COACHING

Spend 1 hour with Christen as she shares her Confidence Talk + Q&A. Next, each athlete has the opportunity to do a 1-on-1 confidence coaching session with Christen (30-45 minutes each).
\$7500

ALL DAY for ATHLETIC

DEPARTMENTS/CORPORATIONS

Hire Christen for the day to speak to multiple teams and departments.
\$7500-\$10,000

About The Book

In *30 Days to Confident*—a 30 Day Confidence Challenge for Female Athletes, Coach Christen Shefchunas guides you on a journey into how to build confidence, to trust that confidence, and then to use it to be successful in sport and in life. You will explore subjects like fear, comparison, perfectionism, body image, and other distractions that can hold you back from being your best and achieving your goals.

Each day over the course of a month, Coach Christen and *30 Days to Confident* will give you:

- a short story or lesson
- questions for you to consider
- pages to journal your answers and thoughts

Take the challenge, dare to do the work, and find REAL CONFIDENCE—not just in sports, but in every area of your life. You are worth it.

About The Author

Christen Shefchunas is a professional confidence coach who works with athletes ranging from Olympians, world champions, and NCAA All-Americans to your everyday high school athlete. As a former Division I head coach, Christen watched too many young women miss out on their potential because of their lack of confidence. Realizing that there was a significant lack of resources for these athletes, Christen left her 16-year coaching career and started Coach Christen, a business focused on helping female athletes. She works one-on-one as a confidence coach with some of the best female athletes in the world, and she speaks to teams, athletes, women's organizations and women in business about confidence, handling fears, and what to do in those pressure-to-perform moments.

Bulk purchase orders (plus shipping and handling):

- 20 books is 15% off the cover price of \$19.99
- 30 books is 20% off the cover price of \$19.99
- 40+ books is 25% off the cover price of \$19.99

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