



**Liz Doyle Harmer: Embodiment Confidence For Women**



Liz is a coach, entrepreneur, podcaster, blogger and mother of 4. She helps humans to find the courage and grace to embody their full potential. She is the co-owner of Afterglow Studio and founder of 28 Day Embodied Confidence Bootcamp. In this session, find out how to shift out of embodied doubt into embodied confidence.

**TOP EMBODIMENT TIP:** Take control of your dominion. Use your body, breath and attention in a way that serves you best.

**Who This Session is Ideal For:**

- Women who lack confidence and belief in themselves that holds them back.
- Women who have goals or visions which they would like to enact but are consistently not doing.
- Women who suffer from imposter syndrome, feel overwhelmed or feel envious of those who are achievers.

**The Key Learnings: It is 100% Possible to Shift out of Embodied Doubt Using a Set of Confidence Practices.**

- You get past inner critical voices of shame and fear.
- You pursue goals and take on challenges you care about without burning out.
- You develop your inner resources so you don't become overwhelmed.
- You have compassion for yourself and support yourself to be a courageous, untamed woman.

**5 Steps to Shifting from Doubt to Confidence: You are Not the Problem, the Problem is You Haven't Made the Shifts.**

- You will feel like you are on your own team by bypassing your automaticity.
- You will be able to pursue your goals without dread.
- You will have greater resilience.
- You will be free of inner critical thinking and judgement.
- You will enter a room feeling calm, confident and able to handle challenges.

**How to Make the Shifts: What You Need to Win**

- We must get out of automaticity, evolve into complexity and shift into consciousness.
- We must shift our conditioning out of social norms and historical forces to take up our power as females.
- You need to take back your power and access your 'fierce presence' to make conscious choices.
- You need to ground your nervous system.
- You will get support by working with a coach or a friend for accountability.

**Resources:**

- ❖ **Coaching:** Offer complimentary coaching sessions - contact Liz on her email if you are interested
- ❖ **Website:** [lizdoyleharmer.com](http://lizdoyleharmer.com)
- ❖ **Email:** [info@lizdoyleharmer.com](mailto:info@lizdoyleharmer.com)



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**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!

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