

DISCOVERY GUIDE

Confidence & Self-Image

Lifestyle & Life Skills / Confidence, Communication & Presentation

No standalone pathway purchase · Included in the package below · regular full-package fee

INR 9,999

Access

6 weeks package access

Study plan

Adapted by life stage · short daily practice

Learning format

Public discovery guide; package delivery and inclusions must be checked separately

Programme overview

Build grounded confidence, reduce hesitation and create a stronger personal identity through deliberate practice.

Who this is for

- 1 Anyone who wants more grounded self-belief, healthy assertiveness and confidence in age-appropriate everyday situations.

Published topics and learning focus

- 1 Introduce yourself confidently
- 2 Replace harsh self-talk with evidence-based reflection
- 3 State a preference or boundary respectfully
- 4 Complete small exposure challenges
- 5 Review confidence reps each week

Related package

This topic is explicitly included in this package. The package fee covers all its tracks, not only this topic.

Confidence + Communication Transformation

Before you choose

- 1 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 2 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Confidence + Communication Transformation

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.