

# Embracing Your Core: The Journey to Authentic Self-Confidence

## with Giovanni Dienstmann



Do you find yourself questioning your true potential and worth?  
Are you seeking clarity on who you are and aspire to be?  
Does self-doubt and fear of failure hold you back from achieving your career goals?

Join Giovanni Dienstmann, esteemed meditation teacher and author of the transformative book *Wise Confidence*, as he shares enlightening insights into building a solid foundation of self-confidence by aligning with your core identity. His approach combines deep introspection with actionable strategies, empowering you to become the person you truly want to be.

This webinar is essential for anyone on the path to personal and professional growth.

Watch recording:

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### In this inspiring session, you will:

- Uncover the essence of genuine self-confidence and its roots in your core identity
- Learn strategies to overcome self-doubt and build a resilient sense of self
- Discover how to rewrite your inner narrative to reflect your true aspirations and values



**Giovanni Dienstmann** is a self-discipline coach, meditation teacher, and best-selling author. As a coach, Giovanni Dienstmann has helped hedge fund managers, CEOs, entrepreneurs, ambitious professionals, artists, and professional athletes live more focused and disciplined lives. Since 2014, he has been successfully coaching people to overcome distractions, procrastination, self-doubt, fear, and other forms of self-sabotage.