

Mathhahlie

PLAMONDON-THOMAS

on
your

SHOW

Confidence

TO IGNITE
PERFORMANCE
& UNLOCK YOUR
FULL POTENTIAL



THINK
Yourself®

NATHALIE PLAMONDON-THOMAS

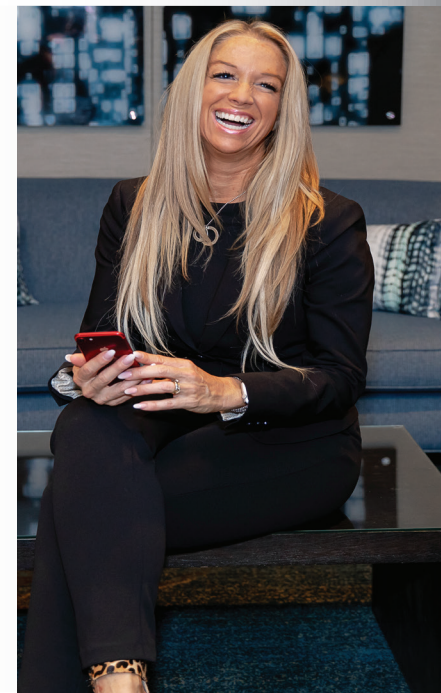
2023 Most Empowering Confidence Coach in North America

2021 Canadian Presenter of the Year - 12 times International Bestselling Author

“You’re not good enough!” 70% of our thoughts are negative. Statistics show that 85% of people suffer from a lack of self-confidence which causes imposter syndrome, resistance to change, low performance and ultimately not working – or living – at full potential.

Recipient of the Most Empowering Confidence Coach in North America in 2023 and 2021 Canadian Presenter of the Year, Nathalie Plamondon-Thomas is a Confidence Expert. She is the author of 18 books, including 12 no.1 bestsellers and a book co-written with Kevin Harrington from the Shark Tank, endorsed by Tony Robbins. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering keynotes and trainings, leading-edge online courses, laser-focus business strategy and one-on-one transformation coaching.

Along the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally to get rid of their negative self-talk. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years of distinguished service in the fitness industry. She is on the national board of directors of the Canadian Association of Professional Speakers and received the 2022 and 2023 President’s Award.



ASK NATHALIE

Q. Tell us a bit about you, what brought you to study neurosciences?

A. Story on how I got to realize I needed to find a system to reprogram my own negative self-talk.

Q. What makes people do the reverse of what they know they should be doing?

A. Brain 1-0-1: Logical Mind and Unconscious Mind. Importance to talk to our own pilot.

Q. How do you talk to that pilot then?

A. Analogy of our own personal assistant.

Q. How does your system work?

A. The D.N.A. Ssystem explained with a renovation analogy.

Q. Do you have 1 tool for our audience to reset the address on their old GPS?

A. Two-step technique to transform a limiting belief.

A GIFT for your AUDIENCE



Everybody gets a car!!!!
Okay, not quite...

Everybody gets
The 15 Keys to Unlock CONFIDENCE

Go to: www.thinkyourself.com/confidenceguide

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THINK Yourself®