




THE ART OF CONFIDENCE

Coaching program by Mateja Rajacic



I empower professional women to have unshakable confidence so that they can authentically and calmly face any challenge and achieve their fullest potential.



content

Sounds familiar?

This is me...

Imagine!

The Art of Confidence – journey

The Art of Confidence – the how's

Join me!

Sounds familiar?

You struggle to say NO when asked to do a task that wasn't yours to do in the first place.

You avoid speaking up in the meetings because you think your ideas aren't good enough.

You feel worthless after meeting with your condescending VP, again.

You reach out for another doughnut to ease the stress of writing that difficult email, and then feel guilty about eating it.

You decide not to delegate a task to your colleague just because you can do it faster and easier.

This is me...

I went to Law school thinking I will make the world a better place and bring justice to all, but, ironically, Law school made me realize that law and justice don't always go hand in hand. My path eventually led me to corporate world. Next fourteen years, I spent climbing up the corporate ladder as a lawyer and ethics & compliance officer. I had the privilege to lead amazing young professionals, to work with colleagues across the globe, and to be at the core of decision making as Leadership team member. I actively supported twelve different European markets, the latest one being UK and Nordics which I supported as Ethics & Compliance Cluster Head. In other words, **corporate life – I know it all!**

Coming back to my idea of making the world a better place, I decided to leave corporate life in 2022 and fully commit to what I love and enjoy the most – **helping people**. To grow, to learn and to live a joyful and authentic life. **This is my WHY.**

This decision didn't come overnight after having an epiphany at 3am (although I am a night owl and 3am is a very creative time for me). In 2018, I was certified as **business coach and NLP practitioner**, and this marked the beginning of my own transformation. For five years now, I have been on a journey of deep personal healing and raising self-awareness and consciousness. My knowledge and experience encompass **coaching, spirituality, psychology and trauma healing**. I am also a **reiki master** and I watch the world through the lens of love.

My transformation showed me what the true potential of a human being is, something I wasn't even able to fathom 5 years ago. Now, **I want to guide other women to discover this for themselves so that they too can live their authentic life and achieve their fullest potential**. Believe me, it is above anything you ever dreamt of!



HOBBIES. I am also...

- World traveller
- Yoga and walking addict
- Coffee shop reader
- Mandala painter
- Plant and nature lover
- Graphic design beginner
- Dark chocolate junkie

Imagine...

...feeling confident as you sit down and calmly share difficult feedback with a colleague. Instead of stressing over it, you handle it gracefully and move on with your day!

...finishing your presentation and being confident that you gave it your best – you know it was great and you don't need anyone else to tell you that!

...getting out of the shower, putting lotion on, and loving your body for a change. As you look in the mirror you smile, in love with who you are!

...treating yourself to an amazing massage after finally finishing that project you have been procrastinating for weeks - it is not perfect, but it is done and that is what matters!



The background features a light grey base with large, overlapping organic shapes in muted green and brown. On the left, there are stylized, layered patterns of foliage in shades of grey and brown. A thin white line curves across the bottom right of the image.

The Art of Confidence

- coaching program -

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UNSHAKABLE

Confidence that does not depend on any external achievements or validations.

HOLISTIC

Approach encompassing your body, mind and soul for your complete transformation.

TRANSFORMATIVE

Transformation that happens inside of you and stays permanently.

EMPOWERING

Your biggest strength is love for yourself, let's ignite it!

The Art of Confidence – journey - PHASE ONE -

We start by exploring how you feel about your body because, for many women, the relationship they have with their body impacts their confidence. Maybe when you look in a mirror, you only see your flaws or imperfections looking back at you. Or maybe, you keep postponing that Pilates session because something else always seems to be more important.

After discovering how you truly see yourself, we will work on how you can begin to accept your body, and, finally, agree on which practices to put in place so you can start loving your body and yourself! By the end of this phase, you will have taken the first step to re-ignite the love you have for your body and yourself, even if you're having a bad hair day (There is no bad hair day really! 😊).



MY BODY

The Art of Confidence – journey - PHASE TWO -

We will look at work situations you find challenging and how you respond. Maybe you are postponing starting that dreaded report knowing it will never be as perfect as you want it to be. Or, you keep avoiding giving the honest feedback to your colleague to avoid the conflict.

By identifying events that cause you to feel scared, angry, sad, or disappointed, and the relationship between your thoughts, emotions, and actions we will uncover how you might be holding yourself back.

Mastering self-confidence is about mastering your mind so we will work on re-wiring your thought process and consequently, your emotional reactions. In the end of this process, you will realize you can be in control of your thoughts and emotions, allowing you to stay confident and calm in every challenge you face.



MY MIND

The Art of Confidence – journey - PHASE THREE -

After mastering your mind, we will now bring you to your heart-centre, as this is where you will find your authentic self and love for that amazing you. This will help you visualise who you are at your fullest potential.

Imagine, instead of working long hours, spinning your wheels, and worrying about what other people think, you discover the power of letting go and living life effortlessly on your own terms.

By connecting with your heart and love you have within, you will no longer feel pulled in various directions because you will intuitively know what actions honour and empower YOU.

BOTTOM LINE: In every situation you will have the unshakeable confidence to authentically and calmly make the best decision and enjoy the ride that is your life!



MY SOUL

How we get there

- 10 on-line sessions of 90 min throughout the period of 4-5 months
- Unlimited support on email and phone throughout the duration of the program
- Written follow-up summary after each session for your future reference and reflection

Contact me on mateja.rajacic@gmail.com
for **30 min free consult** to see if this program, and
me as a coach, is the right fit for you!

There is always a bigger picture...

I believe every woman has an inner power that she is not aware of, fluid like a river, strong like a tsunami.

The time has come for women to take the place in the society that belongs to them, and lead the change towards a kinder, loving and more tolerant humanity. I want to empower every woman to harness that inner strength and lead with her feminine uniqueness, the power coming straight from the heart – from one human being to another, for the bright future of the entire planet and humankind.

If not us, who? If not now, when?

Join me on this journey! <3



To schedule a **30 min free consult** contact me on mateja.rajacic@gmail.com or schedule [here](#) and let's see if this program is what you need right now!

Keep on shining!

Mateja Rajacic

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