



Dr. Brigette A. Erwin
Coaching for Calm & Confidence™

with Dr. Brigette A. Erwin

COACHING FOR CALM & CONFIDENCE™

Videos that can change your life!

Through **Coaching for Calm & Confidence™**, Dr. Brigette Erwin has helped countless people overcome worry and create calm in their lives, leading to greater confidence and stronger, more effective relationships.



Discover practical strategies you can use immediately that will last a lifetime:

- Create an internal feeling of calm and peace
- Improve your confidence
- Build and cultivate happy, successful relationships
- Learn how to skillfully manage any social situation

Coaching for Calm & Confidence™ can help you create change that eliminates worry, anxiety, and unhelpful relationship patterns that keep you from enjoying a full, active, and happy life!

This original series features 4 powerful programs that touch on the key areas of our lives that drive anxiety, stress and the many problems that occur with these disorders.

- **Coaching for Calm:** Strategies for reducing anxiety in everyday life
- **Coaching for Confidence:** Strategies for creating a confident presence in all aspects of your life
- **Coaching for Happy Relationships:** Strategies for improving communication, healing & forgiveness
- **Coaching for Parenting That Works:** Strategies for raising your children in the family setting you desire

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