

# The Journey of Confidence - Breaking Through Walls -

Marko Ferek

*"Your energy and self belief really shines through and is contagious. Thank you!"*

*"It described wonderfully the gaps in self confidence and how to achieve the bridging of those gaps that so many of us either need and/or have experienced."*

*"I learned how to bring myself up to a positive mental state using your process."*

*"Awesome stuff! You are an inspiration."*

Being confident is thinking and acting regardless of others. It provides us the freedom of being who we truly are and expressing ourselves to the fullest. However, achieving fulfillment in our lives requires eliminating all the fears that we have accumulated through the years. We somehow become the reflection of how others perceive us and we get lost in this distorted image of ourselves. Rather than being a reflection of our true selves, our personality becomes the reflection of our fears and doubts. And the same happens with our actions.

Marko Ferek has been lucky enough to walk in both pairs of shoes. From initially having low self-esteem, he has succeeded in building himself up by getting rid of fears and doubts that were huge social and personal drawbacks in his life. His biggest fear was public speaking. Speaking in small groups was a huge challenge for him. Today, after ten years of working on his self-confidence, he has given more than 300 talks in all kinds of venues all over the world -- something that he never thought he was capable of doing, he has become natural at.

In this workshop he will share strategies that he used to build his self confidence. This workshop has **three basic steps**. The **first step** is becoming aware of your fears. This step is all about preparing yourself for facing your fears and doubts. The **second step** is facing those fears. If we want to break them, we have to face them. In this step he will share strategies as well as the specific kind of mindset that he had to use to successfully face and overcome his biggest fears. The **third step** is one that he calls "maintenance". As we become more confident we start to change our habits, people we interact with and the way we think. So the **third step** is all about maintaining our new confident selves.

## Marko Ferek

Marko Ferek is internationally acclaimed speaker on ADHD and creativity who has given more than 300 talks worldwide from Hong Kong, Belgrade, Zagreb, Ljubljana and Budapest to London, Ireland, Orlando, and Toronto. He is the author of a bestselling book in Croatia called *Hyperactive Dreamers - Better, Worse, Different* that has been translated into both Hungarian and English. He is the founder of a non-profit organization for ADHD, "Budenje", that is the biggest online ADHD community in Croatia. He has made guest appearances on many national TV and radio shows as well as in magazines and newspapers.

