

# Enough with The Humble: Embrace Your Worth And Radiate Confidence

**Suggested Format: Full or Partial-Day; Lecture; Keynote**

**Are you tired of downplaying your achievements and hiding your true potential?** Sometimes we forget that how humbly we view ourselves materializes. With this lecture we say: “enough with the humble.” It's time to break free from the chains of false humility and embrace your worth. This lecture challenges societal norms and empowers you to step into your greatness. Join us as we dive into topics such as **self-acceptance, self-development, and authentic leadership**. From this moment, we will begin to **write our success in stone and our challenges in sand**, not the other way around. The idea of why we seek to be humble is presented and understood. Dr. Augustyn presents **scientific research behind the reality of change**. Finally, we all begin to understand that celebration is a choice. The lack of celebration, whether it be for the big things or ordinary occurrences in our lives, is what ultimately keeps us from living a joyful life. As we stay humble, we fail to see the reward for our tireless efforts. In a world that often discourages self-expression and rewards modesty, we're here to **redefine what it means to be confident** without being arrogant. It's time to celebrate your accomplishments and radiate the confidence you deserve, without fear of judgment.



**untangle me**  
DR. MAGGIE AUGUSTYN

**Dr. Maggie Augustyn**

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## Learning Outcomes

- Embrace your unique talents and strengths
- Break free from societal expectations of minimizing your accomplishments
- Understand the science behind creating change and materializing our belief systems
- Understand the drawbacks on our lack of celebration
- Cultivate genuine self-worth
- Lead with confidence and inspire others

### **Course Format:**

This course is offered in-person and can be modified for a virtual presentation.