

OPPORTUNITY

is only the beginning.

Students also need the confidence to **step into it.**

“When students believe in themselves, they participate. When they participate, they grow. When they grow, **they lead.**”

Confidence begins with MINDSET

THE CONFIDENCE GAP WE OFTEN SEE



QUIET & UNSURE

Holds back
Afraid to speak up
Doesn't believe they belong
Avoids opportunities



GROUNDING CONFIDENCE

Self-awareness
Communication
Resilience
Coachability
Leadership
Self-belief



OVERCONFIDENT & UNAWARE

Needs to be the expert
Dismisses feedback
Struggles to listen or collaborate
Lacks perspective

REAL STUDENTS. REAL CHANGE.

CASE STUDY 1



FINDING HER VOICE

13-year-old student | One mindset workshop

Quiet and reserved before attending. After just one workshop, her mother noticed a powerful shift.

“My daughter (13 yo) attended one of Coach Kari's mindset workshops. What a difference! Typically, my daughter is quiet and reserved. She came home from Coach Kari's event empowered to speak up and be more confident in herself. I could tell she felt encouraged and inspired after just one workshop. As a parent, it was really special to see. I highly recommend Coach Kari to other parents looking to help build their child's confidence and self-esteem.”

— ALYSON, PARENT

CASE STUDY 2



CONFIDENCE THAT TRANSFERS

Teenage student-athlete | Confidence Coaching

Coaching helped her build the mental skills to thrive on and off the field.

“Working with Kari has been such a positive experience for my teenage daughter. She's gained more confidence, learned how to manage pressure in a healthier way, and has grown both on and off the field. The coaching sessions have helped her develop resilience, self-belief, and a stronger mindset during challenging moments. We've seen a real difference in how she handles competition, communication, and setbacks. Kari is so thoughtful at checking in when she knows my daughter has a big decision coming up. I would highly recommend Kari for any young athlete looking to grow mentally and emotionally.”

— IMONICA VERA, PARENT

THE IMPACT: CONFIDENCE THAT OPENS DOORS



Students speak up in class, interviews and group settings.



They take healthy risks instead of holding back.



They build stronger relationships and collaboration skills.



They handle pressure, setbacks and feedback with growing resilience.



They step into opportunities and create their future.

KARI EHMER

Confidence Speaker & Coach

West Point Graduate • Army Veteran
Former Division I Athlete • 20+ Years Coaching

I help students build the confidence, mindset and leadership skills to believe in themselves and step into the opportunities in front of them.

Let's build confident, capable leaders together.

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