



# Success starts with self-confidence

Chris Mitchell is a certified self-confidence life coach for the disabled

[TheChrisMitchell.com](http://TheChrisMitchell.com)

Chris is an engaging, energetic and successful self-employed person with disabilities who assists his community to create and grow the self-confidence necessary to succeed as entrepreneurs

– and he can do the same for YOUR ENTIRE AUDIENCE!

## Self-Confidence Topics

- How to use self-talk.
- Crafting good affirmation statements
- Why taking ownership of your life is important
- The benefits of being an advocate
- The importance of stepping outside of your comfort zone

*"When a person with a disability wants to start or grow a business that will support themselves and their families, they must start growing their self-confidence!"*

**Up to 86% of YOUR AUDIENCE** struggles with self-confidence

**AT LEAST 25% of YOUR AUDIENCE** identifies as disabled

## Suggested Questions

- **Why is self-confidence the most important ingredient for success?**
- How does self-confidence help grow a business?
- What does the most damage to self-confidence?
- How does ableism and the ableist society impact self-confidence?
- Why is self-employment a good fit for a person with a disability?

View Chris' extensive media portfolio of past interviews at  
[thechrismitchell.com/media-portfolio](http://thechrismitchell.com/media-portfolio)

LinkedIn, YouTube and Facebook - [SuccessStartswithSelfConfidence](#)

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**BOOK CHRIS NOW - your audience will thank you!**